

Wordlist

Here is a list of useful or new words from Headway 5e Advanced Student's Book.

adj = adjective *adv* = adverb *coll* = colloquial *conj* = conjunction *excl* = exclamation *id* = idiom *n* = noun *phr v* = phrasal verb *phr* = phrase

pl = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
adoration	<i>n</i>	/ˈædəˈreɪʃn/	Matt felt pure adoration for his girlfriend.	1	
affectionate	<i>adj</i>	/əˈfekʃənət/	He was such an affectionate child.	1	
all along	<i>id</i>	/ɔːl əˈlɒŋ/	I can't believe Martha has been lying to us all along .	1	
animal kingdom	<i>n</i>	/ˈænɪml 'kɪŋdəm/	Gorillas are one of the largest primates in the animal kingdom .	1	
anthropologist	<i>n</i>	/ˈænthrəˈpɒlədʒɪst/	Sue works as an anthropologist at the British museum.	1	
anticipate	<i>v</i>	/ˈæntɪsɪpeɪt/	It was impossible to anticipate such a culture shock.	1	
anxiety	<i>n</i>	/æŋˈzæti/	It is normal to experience high levels of anxiety during exams.	1	
ape	<i>n</i>	/eɪp/	An orangutan is an ape , not a monkey.	1	
astonishment	<i>n</i>	/əˈstɒnɪʃmənt/	To my astonishment , she behaved as if nothing had happened.	1	
attempt	<i>n</i>	/əˈtempt/	I finally passed my driving test on the third attempt .	1	
awkward	<i>adj</i>	/ˈɔːkwəd/	There was an awkward silence when Jim walked in.	1	
ballad	<i>n</i>	/'bæləd/	The singer wrote a beautiful ballad for his daughter.	1	
bleed	<i>v</i>	/'bliːd/	He cut himself superficially and didn't bleed .	1	
blow (somebody) away	<i>id, phr v</i>	/'bləʊ ... əˈweɪ/	They always blow me away with their generosity and kindness.	1	
blush	<i>v</i>	/'blʌʃ/	I was quite shy and I'd always blush when I talked to strangers.	1	
boastfulness	<i>n</i>	/'bəʊstfʊlnəs/	She wasn't emphasizing her strong points, it was just boastfulness !	1	
breathe a word	<i>id</i>	/'briːð ə wɜːd/	Tell me your secret. I won't breathe a word to anyone.	1	
buggy	<i>n</i>	/'bʌɡi/	I take my child everywhere in a buggy .	1	
capacity	<i>n</i>	/'kæpəsəti/	No one doubts her intellectual capacity .	1	
check	<i>v</i>	/'tʃek/	I always check my emails first thing in the morning.	1	
chief	<i>adj</i>	/'tʃiːf/	Walking fully upright is a human's chief mode of locomotion.	1	
comb (something) out	<i>phr v</i>	/'kəʊm ... aʊt/	I always comb my hair out as soon as I leave the hairdresser's.	1	
couch potato	<i>n, coll</i>	/'kaʊtʃ pəˈteɪtəʊ/	I'm not a couch potato – I just like watching TV!	1	
crawl	<i>v</i>	/'krɔːl/	My baby started to crawl when she was six months old.	1	
curiosity	<i>n</i>	/'kjʊəri'ɒsəti/	Children are full of curiosity . They ask so many questions!	1	
dexterity	<i>n</i>	/'dek'sterəti/	My brother has manual dexterity and is very good at fixing things.	1	
digest	<i>v</i>	/'daɪ'dʒest/	Some fatty foods are difficult to digest .	1	
disappointment	<i>n</i>	/'dɪsə'pɔɪntmənt/	He felt great disappointment when he heard about the defeat.	1	
dismayed	<i>adj</i>	/'dɪs'meɪd/	You could tell she was dismayed at the result of the game.	1	
empathy	<i>n</i>	/'empəθi/	Empathy is the capacity to understand other people's feelings.	1	
enable	<i>v</i>	/'ɪneɪbl/	These complex tools enable us to control the environment.	1	
ensure	<i>v</i>	/'ɪnʃʊː(r)/	Grandparents can ensure the success of their families.	1	
eventful	<i>adj</i>	/'ɪventfl/	It was a strange and eventful story.	1	
fall for	<i>phr v</i>	/'fɔːl fɔː(r)/	He thinks all women fall for his charm.	1	
feat (of)	<i>n</i>	/'fiːt əv/	This tunnel is a brilliant feat of engineering.	1	
fencing	<i>n</i>	/'fensɪŋ/	Fencing can be a dangerous sport. You use swords, after all!	1	
flatter	<i>v</i>	/'flætə(r)/	Don't flatter yourself! You're not that good.	1	
flourish	<i>v</i>	/'flaʊrɪʃ/	Her new business has started to flourish .	1	
follicle	<i>n</i>	/'fɒlɪkl/	A follicle is a small hole in your skin that your hair grows out of.	1	
forebears	<i>n, pl</i>	/'fɔːbeəz/	Our forebears made the first stone tool more than 2.5 million years ago.	1	
free (something) up	<i>phr v</i>	/'friː ʌp/	Walking upright frees our hands up for using tools.	1	
function	<i>n</i>	/'fʌŋkʃn/	What's the main function of music?	1	
fury	<i>n</i>	/'fjʊəri/	She screamed in fury .	1	
fuss	<i>n</i>	/'fʌs/	Don't make such a fuss . It was only a joke.	1	
gesture	<i>n</i>	/'dʒestʃə(r)/	She raised her hands in a gesture of despair.	1	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
get at	<i>phr v</i>	/get æt/	Stop criticizing him. I hate it when you get at people like that.	1	
get through to	<i>phr v</i>	/get θru: tə/	I haven't been able to get through to Jim lately.	1	
gratitude	<i>n</i>	/ˈgrætɪtju:d/	I felt such gratitude when they offered to help us that I almost cried.	1	
graze	<i>n</i>	/greɪz/	Don't worry about it, it's only a graze . You'll be fine.	1	
gut	<i>n</i>	/gʌt/	When food leaves the stomach, it passes through the gut .	1	
gutted	<i>adj</i>	/ˈgʌtɪd/	I was gutted when they got married. I was still in love with her!	1	
hectic	<i>adj</i>	/ˈhektɪk/	I'm sorry I didn't return your calls – it has been such a hectic week.	1	
high heels	<i>n, pl</i>	/haɪ hi:lz/	She likes wearing high heels .	1	
imply	<i>v</i>	/ɪmˈplaɪ/	Do you want to imply that I shouldn't be here?	1	
indignation	<i>n</i>	/ˌɪndɪgˈneɪʃn/	Tom left the room full of indignation and anger.	1	
infant	<i>n</i>	/ˈɪnfənt/	Sheila appeared in her first commercial when she was only an infant .	1	
insomnia	<i>n</i>	/ɪnˈsɒmniə/	I suffer from insomnia , so I'm always tired at work.	1	
irritation	<i>n</i>	/ɪˈrɪːteɪʃn/	Irritation is one of the side effects of sleep deprivation.	1	
keep up	<i>phr v</i>	/ki:p ʌp/	It was hard to keep up the good work. We were exhausted.	1	
kick yourself	<i>id</i>	/kɪk jɔ:ˈself/	I forgot her birthday – I could kick myself !	1	
lie-in	<i>n</i>	/ˌlaɪ ˈɪn/	I was so tired that I had a lie-in this morning.	1	
locomotion	<i>n</i>	/ˌləʊkəˈməʊʃn/	Walking is a human's chief mode of locomotion .	1	
lose it	<i>id</i>	/lu:z ɪt/	He would often totally lose it and start yelling at us without a good reason.	1	
lot	<i>n</i>	/lɒt/	I don't like the look of that lot on the corner.	1	
make up	<i>phr v</i>	/ˈmeɪk ʌp/	Human brains make up only 2.5% of our body weight.	1	
manly	<i>adj</i>	/ˈmænli/	This actor has got a big, manly voice.	1	
mean the world	<i>id</i>	/mi:n ðə wɜ:lð/	I wouldn't do that to you! You mean the world to me!	1	
merely	<i>adv</i>	/ˈmɪəli/	For me, it isn't merely a job, it's a way of life.	1	
mistress	<i>n</i>	/ˈmɪstrəs/	Can you see that girl over there? That's David's mistress .	1	
mode (of)	<i>n</i>	/məʊd (ɒv)/	It may sound odd, but flying is actually the safest mode of transport.	1	
modesty	<i>n</i>	/ˈmɒdəsti/	He accepted his reward with modesty .	1	
morality	<i>n</i>	/məˈræləti/	Humans have a sense of morality .	1	
naked	<i>adj</i>	/ˈneɪkɪd/	They found him naked and disoriented.	1	
nappies	<i>n, pl</i>	/ˈnæpɪz/	It's not fair to say that I never change our baby's nappies .	1	
oath	<i>n</i>	/əʊθ/	I had to take an oath before I joined the club.	1	
oblivion	<i>n</i>	/əˈblɪvɪən/	As she grew old and sick, she fell into oblivion .	1	
paradox	<i>n</i>	/ˈpærədɒks/	He was a paradox – he was so friendly and so mean at the same time.	1	
peaky	<i>adj</i>	/ˈpi:ki/	You've been looking a bit peaky recently – are you OK?	1	
pelvis	<i>n</i>	/ˈpelvɪs/	He injured his pelvis while dancing.	1	
perplexing	<i>adj</i>	/pəˈpleksɪŋ/	I found the truth perplexing . I didn't know what to make of it.	1	
pick a fight	<i>id</i>	/pɪk ə faɪt/	I was an unruly child – always ready to pick a fight .	1	
playdate	<i>n</i>	/ˈpleɪdeɪt/	My daughter has a playdate this afternoon at Julie's house.	1	
pop round	<i>phr v, coll</i>	/pɒp raʊnd/	I'll pop round my granny's tomorrow to see how she's getting on.	1	
portly	<i>adj</i>	/ˈpɔ:tlɪ/	He's a rather portly man. He should go on a diet.	1	
posture	<i>n</i>	/ˈpɒstʃə/	Remember to keep the right posture when you work at a computer.	1	
pot belly	<i>n</i>	/ˈpɒt ˈbeli/	Many old men have a pot belly – their stomachs stick out.	1	
precisely	<i>adv</i>	/prɪˈsaɪsli/	Nobody knows precisely when or where language originated.	1	
pull the other one	<i>id</i>	/pʊl ðə ˈlðə(r) wʌn/	You got promoted? Pull the other one !	1	
put (somebody) down	<i>phr v</i>	/ˈpʊt ... daʊn/	I hate it when she puts people down like that. I think she's just insecure.	1	
put our heads together	<i>id</i>	/pʊt ɑ:(r) hedz təˈgeðə(r)/	We must put our heads together and come up with a solution.	1	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
puzzling	<i>adj</i>	/ˈpʌzɪŋ/	This very puzzling question remains unanswered.	1	
rather	<i>adv</i>	/ˈrɑːðə(r)/	She's rather tall for her age.	1	
reassurance	<i>n</i>	/riːəʃʊərəns/	I always felt reassurance from my parents.	1	
relative (to)	<i>adj</i>	/ˈrelətɪv (tə)/	Humans don't have the largest brains relative to body size.	1	
rely on	<i>phr v</i>	/riˈlaɪ ɒn/	As babies, we rely entirely on our parents.	1	
reproduce	<i>v</i>	/riːprəˈdjuːs/	Most animals reproduce until they die.	1	
sarcasm	<i>n</i>	/ˈsɑːkæzəm/	'That's exactly what we need,' he said with sarcasm .	1	
satchel	<i>n</i>	/ˈsætʃəl/	Wait! You're leaving your school satchel behind!	1	
scene	<i>n</i>	/siːn/	The last scene of the play is my favourite.	1	
set (something) apart	<i>phr v</i>	/set ... əˈpɑːt/	Our brains set us apart from other animals.	1	
shift	<i>v</i>	/ʃɪft/	I often shift my weight from one foot to the other impatiently.	1	
sigh	<i>v</i>	/saɪ/	Hearing her sad news made me sigh .	1	
sleepover	<i>n</i>	/ˈsliːpəʊvə/	Our son had a sleepover at his friends' place last night.	1	
social bond	<i>n</i>	/ˈsəʊʃl bɒnd/	Apes often imitate each other to create a social bond .	1	
so far	<i>id</i>	/səʊ fɑː/	What do you think of the new TV series so far ?	1	
spirituality	<i>n</i>	/ˌspɪrɪtʃuːəliːti/	My granddad is a very religious man – always concerned with spirituality .	1	
status	<i>n</i>	/ˈsteɪtəs/	He's used to having a high social status .	1	
stir	<i>v</i>	/stɜː(r)/	That book is sure to stir your emotions.	1	
swot	<i>v</i>	/swɒt/	I must really swot for the exams this term. I need to get good marks.	1	
symbolic	<i>adj</i>	/sɪmˈbɒlɪk/	It didn't really change things, but it was a symbolic act of peace.	1	
teeter	<i>v</i>	/ˈtiːtə/	Girls often teeter the first time they wear high heels.	1	
territorial	<i>adj</i>	/ˌterəˈtɔːriəl/	Some neighbours get involved in territorial disputes.	1	
think on your feet	<i>id</i>	/θɪŋk ɒn jɔː(r) fiːt/	I had to think on my feet and come up with alternative plans very quickly.	1	
thrilled to bits	<i>id</i>	/θrɪld tə bɪts/	My son's exam results were so good I was thrilled to bits .	1	
thrive	<i>v</i>	/θraɪv/	Some species thrive while others fail.	1	
tool	<i>n</i>	/tuːl/	I tried to repair my car but I didn't have the right tool .	1	
trace	<i>n</i>	/treɪs/	There was no trace of evidence at the scene.	1	
trait	<i>n</i>	/treɪt/	The brain is the human trait that sets us apart the most from the animal kingdom.	1	
transmission	<i>n</i>	/trænzˈmɪʃn/	There is a high risk of transmission of the disease.	1	
trolley	<i>n</i>	/ˈtrɒli/	Put the milk in the trolley and let's go to the queue.	1	
unite	<i>v</i>	/juˈnaɪt/	Music is said to unite social groups.	1	
unwillingly	<i>adv</i>	/ʌnˈwɪlɪŋli/	He went to school unwillingly .	1	
vocal	<i>adj</i>	/ˈvəʊkl/	Many species communicate with vocal sounds.	1	
woeful	<i>adj</i>	/ˈwəʊfl/	It was such a sad story – a woeful tale of broken romance.	1	
work out	<i>phr v</i>	/ˈwɜːk aʊt/	I work out regularly in order to keep fit.	1	
works	<i>n, pl</i>	/wɜːks/	Have you read the works of Einstein?	1	
yet	<i>adv</i>	/jet/	Haven't you met her parents yet ?	1	
acknowledge	<i>v</i>	/əkˈnɒlɪdʒ/	We have told him the truth, but he refuses to acknowledge it.	2	
act	<i>n</i>	/ækt/	The first act of the play wasn't very stimulating.	2	
affair	<i>n</i>	/əˈfeə(r)/	Apparently, Matt is having an affair with a married woman.	2	
alas	<i>excl</i>	/əˈlæs/	I'm ready to take on more responsibility, but alas my talents are wasted.	2	
a man of few words	<i>id</i>	/ə mæn ɒv fjuː wɜːdz/	That chatty man you're describing can't be him. He's a man of few words .	2	
appoint	<i>v</i>	/əˈpɔɪnt/	I'd like to appoint her chair of the meeting.	2	
apprehensive	<i>adj</i>	/ˌæprɪˈhensɪv/	Don't be apprehensive about the future. Everything will be fine.	2	
arched	<i>adj</i>	/ɑːtʃt/	His eyebrows are perfectly arched .	2	

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articulate	adj	/ɑ:ˈtɪkjʊlət/	I love to hear her talk – she's so articulate .	2	
at the end of the day	id	/æt ðə end əv ðə deɪ/	At the end of the day , he will have to face the truth.	2	
avoid (something/somebody) like the plague	id	/ə'vɔɪd ... laɪk ðə pleɪg/	She's been avoiding me like the plague since we had that argument.	2	
awfully	adv	/'ɔ:flɪ/	I'm awfully sorry about this. It was a misunderstanding.	2	
become of	id	/bɪ'kʌm əv/	What became of that boyfriend you used to have?	2	
be flooded with	id	/bi 'flʌdɪd wɪð/	I can't meet you today. I'm flooded with emails I have to answer.	2	
belief	n	/bɪ'li:f/	It is my belief that they killed her.	2	
bitterly	adv	/'bɪtəli/	She cried bitterly when I told her my sister had left for good.	2	
bleach	v	/bli:tʃ/	What's the best way to bleach a blouse?	2	
blindingly	adv	/'blaɪndɪŋli/	It's blindingly obvious that he's in love with you.	2	
bodice	n	/'bɒdɪs/	The lacing on the bodice of your dress is exquisite.	2	
brackish water	n, coll	/'brækɪʃ 'wɔ:tə(r)/	The vase was full of brackish water from the weeks-old flowers.	2	
busybody	n	/'bɪzɪbɒdi/	Don't be such a busybody . What he's up to doesn't concern you.	2	
buzzword	n	/'bʌzwɜ:d/	A buzzword often becomes so popular that it loses its original meaning.	2	
by word of mouth	id	/baɪ wɜ:d əv maʊð/	The news spread by word of mouth .	2	
can't help	phr v	/'kɑ:nt help/	I can't help laughing when I look at this picture.	2	
cart	n	/kɑ:t/	Jake still uses a cart to go to town.	2	
chic	adj	/'ʃi:k/	Have you been to that chic new restaurant on 5th Street?	2	
choreograph	v	/'kɔəriɒgrɑ:f/	The director likes to choreograph the actors' entrances and exits himself.	2	
cliché	n	/'kli:ʃeɪ/	It's just a cliché , it doesn't mean much and it isn't interesting.	2	
Cockney	n	/'kɒkni/	He was born and lives in East London, so yes, you could call him a Cockney .	2	
cocky	adj, coll	/'kɒki/	Don't be so cocky – we all need help sometimes!	2	
come (to)	v	/kʌm (tə)/	This is the ring that should have come to me when my grandma died.	2	
compassionate	adj	/'kɒmpæʃənət/	If you want to be a social worker you must be compassionate .	2	
condescending	adj	/'kɒndɪ'sendɪŋ/	He's so condescending . He always thinks he's the best.	2	
confess	v	/'kɒn'fes/	It took them two hours to make her confess her crime.	2	
constitute	v	/'kɒnstɪtju:t/	This kind of behaviour doesn't constitute a criminal offence.	2	
core	n	/kɔ:(r)/	They talked for hours but the core of the question remained unanswered.	2	
craftsman	n	/'krɑ:ftsmən/	He carefully selects every word he writes. He's a literary craftsman .	2	
crop	v	/'krɒp/	I need to crop my hair tonight.	2	
deliberately	adv	/'dɪlɪbərətli/	I think she's deliberately avoiding me.	2	
dementia	n	/'dɪ'menʃə/	Dementia is a condition that affects behaviour and memory.	2	
derelict	adj	/'derəlɪkt/	This neighbourhood has been derelict for years.	2	
desperately	adv	/'despərətli/	She desperately asked for help.	2	
dimple	n	/'dɪmpl/	He gets a dimple when he smiles.	2	
diphtheria	n	/'dɪf'θɪəriə/	My Aunt Berna survived diphtheria when she was a little child.	2	
dirt	n	/'dɜ:t/	Her clothes were covered in dirt .	2	
divine	adj	/'dɪvaɪn/	Those jeans are divine !	2	
docile	adj	/'dɒsəl/	She's a very docile child – very easy to control.	2	
do (somebody) in	phr v, coll	/'du: ... ɪn/	Do you think it was murder? Who would want to do her in ?	2	
dreary	adj	/'driəri/	It was a dreary winter's day.	2	
eagerly	adv	/'i:gəli/	She eagerly accepted the food.	2	
eat your words	id	/'i:t jɔ:(r) wɜ:dz/	And you said I couldn't do it! Now you have to eat your words !	2	
editor	n	/'edɪtə(r)/	If you want your manuscript published, you have to send it to an editor .	2	
explore	v	/'ɪk'splɔ:(r)/	I was eager to explore the wider world.	2	

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fade	v	/feɪd/	The colour from the curtains was starting to fade .	2	
fatally	adv	/'feɪtəli/	My granddad was fatally injured in the war.	2	
fiercely	adv	/'fɪəsli/	She looked at me fiercely when I mentioned him.	2	
flattery	n	/'flætəri/	Some people easily fall for flattery .	2	
flower-girl	n	/'flaʊə ɡɜ:l/	She worked as a flower-girl at Covent Garden.	2	
from the word go	id	/'frɒm ðə wɜ:d ɡəʊ/	I liked her from the word go .	2	
funny	adj	/'fʌni/	That joke he told was awfully funny .	2	
furtively	adv	/'fɜ:tɪvli/	He looked furtively over his shoulder.	2	
genteel	adj	/'dʒen'ti:l/	Her up-bringing was genteel .	2	
get a word in edgeways	id	/'get ə wɜ:d ɪn 'edʒweɪz/	My mum is so talkative it's difficult to get a word in edgeways .	2	
glamorous	adj	/'glæməərəs/	She managed to get a glamorous job in the film industry.	2	
go over	phr v	/'ɡəʊ əʊvə(r)/	Go over your exam answers before you hand them in.	2	
graveyard	n	/'ɡreɪvjɑ:d/	My granny was buried in this graveyard .	2	
haughty	adj	/'ho:ti/	I can't stand haughty people who think they are better than the rest.	2	
have the face to	id	/'hæv ðə feɪs tə/	He didn't have the face to show up at the party after being so rude to everyone.	2	
have the last word	id	/'hæv ðə lɑ:st wɜ:d/	He always has to have the last word in an argument.	2	
high-society	adj	/'haɪ sə'saɪəti/	The book tells a story of a high-society love affair.	2	
hitchhiker	n	/'hɪf haɪkə(r)/	I wouldn't pick up a hitchhiker if I travelled alone.	2	
honour	n	/'ɒnə(r)/	It was an honour to receive such a prestigious prize.	2	
humdrum	adj	/'hʌmdrʌm/	He led a humdrum existence with no fun or surprises.	2	
hunk	n	/'hʌŋk/	I'm not surprised women find him attractive. He's quite a hunk .	2	
imposing	adj	/'ɪm'pəʊzɪŋ/	Paris is full of beautiful and imposing buildings.	2	
impressionable	adj	/'ɪm'preʃənəbl/	He's already 20, but behaves like an impressionable kid.	2	
impressionist	n	/'ɪm'preʃənɪst/	Claude Monet was a famous impressionist .	2	
inevitable	adj	/'ɪn'evɪtəbl/	And here came the inevitable question: When are you two getting married?	2	
insist	v	/'ɪn'sɪst/	I already answered the question. Please don't insist .	2	
instinct	n	/'ɪnstɪŋkt/	There is no right or wrong answer – just follow your instinct .	2	
in want of	id	/'ɪn wɒnt əv/	What makes you think he's in want of a wife?	2	
jot down	phr v	/'dʒɒt daʊn/	Did you manage to jot down the address? He said it so quickly.	2	
lacing	n	/'leɪsɪŋ/	I love the lacing in your dress.	2	
literary	adj	/'lɪtərəri/	Librarians have a love of all things literary .	2	
longingly	adv	/'lɒŋɪŋli/	The children looked at the ice cream longingly .	2	
lost for words	id	/'lɒst fɜ:(r) wɜ:dz/	It is such a generous offer. I'm lost for words .	2	
Lothario	n	/'ləʊθɑ:riəʊ/	Ben is the office Lothario . I think he's dated every woman in the office.	2	
manor house	n	/'mænə haʊs/	Many horror films are set in a manor house .	2	
More fool me!	id	/'mɔ:(r) fu:l mi/	You got the job! I didn't think you would. More fool me!	2	
muffled	adj	/'mʌflɪd/	I could hear muffled voices from the next room.	2	
mumble	v	/'mʌmbl/	I heard her mumble something quietly.	2	
mythology	n	/'mɪθələdʒi/	He knows so much about Greek mythology .	2	
naive	adj	/'naɪv/	Don't be so naive . He's trying to take advantage of you.	2	
not know the meaning of the word	id	/'nɒt nəʊ ðə 'mi:nɪŋ əv ðə wɜ:d/	Trust you again? You don't know the meaning of the word!	2	
not mince (my/their/your) words	id	/'nɒt mɪns ʝɜ:(r) wɜ:dz/	He's very outspoken and does not mince his words .	2	
of no consequence	id	/'ɒv nəʊ 'kɒnsɪkwəns/	Whether we do it now or later is of no consequence .	2	
pass off as	phr v, coll	/'pɑ:s əv æz/	The police found a stack of fake money the fraudster had tried to pass off as real.	2	
pedant	n	/'pednt/	Don't be such a pedant and stop correcting people as they speak.	2	

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pl = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
phonetics	<i>n</i>	/fə'netɪks/	Learning phonetics may help you speak the language better.	2	
phonology	<i>n</i>	/fə'nɒlədʒi/	My brother is studying phonology at university.	2	
pinch	<i>v, coll</i>	/pɪntʃ/	Somebody managed to pinch my aunt's hat. She can't find it anywhere.	2	
playwright	<i>n</i>	/'pleɪraɪt/	Jasmina Reza is a popular playwright .	2	
prattle (on)	<i>v</i>	/'prætl̩ (ɒn)/	She tends to prattle on about unimportant things all day.	2	
revolting	<i>adj</i>	/'rɪ'vəʊlɪŋ/	I find the smell of cigars revolting .	2	
rhetorical question	<i>n</i>	/'rɪ'tɔrɪkl̩ 'kwɛstʃən/	You don't need to answer. It was a rhetorical question .	2	
roll	<i>n</i>	/rəʊl/	I could hear the roll of drums in the distance.	2	
rotten	<i>adj</i>	/'rɒtn/	She seemed nice at first, but she was rotten and dishonest.	2	
saucy	<i>adj</i>	/'sɔ:si/	He's very good at making saucy remarks.	2	
say the word	<i>id</i>	/seɪ ðə wɜ:d/	Just say the word and I'll do it.	2	
scaffold	<i>n</i>	/'skæfəʊld/	Many aristocrats died on the scaffold during the French Revolution.	2	
screen	<i>n</i>	/'skri:n/	Some writers adapt their own novels for the screen .	2	
sculpt	<i>v</i>	/'skʌlpt/	He's a painter, he didn't sculpt this statue.	2	
selfie	<i>n</i>	/'selfi/	I've just uploaded my latest selfie .	2	
severely	<i>adv</i>	/'si'veɪ(r)li/	The car was severely damaged in the crash.	2	
show (somebody) up	<i>phr v</i>	/'ʃəʊ ... ʌp/	Please show Mrs Griffin up to the living room.	2	
slab	<i>n</i>	/'slæb/	I always keep a slab of chocolate in my drawer.	2	
slyly	<i>adv</i>	/'slaɪli/	He smiled slyly . I'm sure he knows more than he says.	2	
sneak out	<i>phr v</i>	/'sni:k aʊt/	He managed to open the drawer and sneak out her photo.	2	
snigger	<i>v</i>	/'snɪgə(r)/	Don't snigger ! It's quite a serious problem.	2	
sorely	<i>adv</i>	/'sɔ:li/	I'm sorely tempted to emigrate somewhere warm.	2	
sort out	<i>phr v</i>	/'sɔ:t aʊt/	Come on you two. Stop complaining and sort out your differences.	2	
soul	<i>n</i>	/'səʊl/	There wasn't a soul at the park and I sat alone on a bench.	2	
spirits	<i>n, pl</i>	/'spɪrɪts/	He was in unusually high spirits .	2	
split	<i>v</i>	/'splɪt/	It is considered bad English to split your infinitives.	2	
spy	<i>n</i>	/'spaɪ/	He worked as a foreign spy during the Cold War years.	2	
stand a chance	<i>id</i>	/'stænd ə tʃɑ:ns/	You lack experience for the job. You don't stand a chance .	2	
steer clear of	<i>id</i>	/'stiə(r) klɪə(r) ɒv/	Steer clear of him. He's a trouble maker.	2	
straightforward	<i>adj</i>	/'streɪt'fɔ:wəd/	Tim is very straightforward . If there's a problem, he will let you know.	2	
strain	<i>n</i>	/'streɪn/	Working ten-hour shifts is quite a strain .	2	
straw	<i>n</i>	/'stro: /	I've just bought lots of straw to feed the horses.	2	
stride	<i>n</i>	/'straɪd/	He walks with a long stride .	2	
subject	<i>n</i>	/'sʌbdʒekt/	What's your opinion on the subject of eco-food?	2	
take (something) in	<i>phr v</i>	/'teɪk ... ɪn/	She pretends to listen, but she doesn't take anything in .	2	
take it or leave it	<i>id</i>	/'teɪk ɪt ɔ:(r) li:v ɪt/	I'm not cooking anything else, so take it or leave it .	2	
take over	<i>phr v</i>	/'teɪk əʊvə(r)/	In the movie, some aliens threaten to take over the world.	2	
tarnish	<i>v</i>	/'tɑ:nɪʃ/	Gold doesn't tarnish easily and remains shiny.	2	
tatty	<i>adj</i>	/'tæti/	Poor Eliza was shabbily dressed in a tatty old coat and hat.	2	
terraced house	<i>n</i>	/'terəst haʊs/	She lived in a terraced house all her life.	2	
the coast is clear	<i>id</i>	/'ðə kəʊst ɪz klɪə(r)/	He made sure the coast was clear and proceeded to escape.	2	
the Middle Ages	<i>n, pl</i>	/'ðə 'mɪdl̩ eɪdʒɪz/	Ballads were a popular form of verse during the Middle Ages .	2	
throat	<i>n</i>	/'θrəʊt/	He walked out of the concert with a sore throat from all the singing.	2	
transcribe	<i>v</i>	/'trænskraɪb/	Are these the recordings you would like me to transcribe ?	2	
treacherous	<i>adj</i>	/'treɪʃərəs/	It had been snowing and the driving conditions were treacherous .	2	

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pl = plural prep = preposition v = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
underprivileged	adj	/ˌʌndə'prɪvəlɪdʒd/	He came from an underprivileged background.	2	
utterly	adv	/'ʌtəli/	I was utterly disgusted when I heard about his behaviour.	2	
vehemently	adv	/'vi:əməntli/	She was accused of the robbery, but she vehemently denied it.	2	
virtually	adv	/'vɜ:ʃuəli/	It's virtually impossible to get tickets for the premiere.	2	
virus	n	/'vaɪrəs/	She plays a doctor who tries to find a cure for a lethal virus .	2	
vulnerable	adj	/'vʌlnərəbl/	He looks vulnerable , but he's a very strong boy.	2	
weedy	adj	/'wi:di/	I was very weedy as a teenager.	2	
when all is said and done	id	/wen ɔ:l ɪz sed ænd dʌn/	You are mad at her now, but when all is said and done , it isn't really a big deal.	2	
wholemeal	adj	/'həʊlmi:l/	Have you tried this recipe for wholemeal bread?	2	
action	v	/'ækʃn/	Did you action my request?	3	
affluent	adj	/'æfluənt/	What do you know about poverty? You've always been affluent !	3	
alternative	n	/ɔ:l'tɜ:nətɪv/	We can't go to the opera so we'll have to think of an alternative for tonight.	3	
anonymous	adj	/'ənɒnɪməs/	Anonymous donors have given a lot of money to humanitarian causes.	3	
a rising tide lifts all boats	id	/ə 'raɪzɪŋ taɪd lɪfts ɔ:l 'bəʊts/	Your business will be fine. The economy is growing and, as they say, a rising tide lifts all boats .	3	
assessment	n	/'esɪsmənt/	I would like to know your assessment of the situation.	3	
at a time	id	/æt ə taɪm/	You can only wear one pair of shoes at a time .	3	
attitude	n	/'ætɪtju:d/	He's a brilliant student and his attitude towards work is exemplary.	3	
authorize	v	/'ɔ:θəraɪz/	Did you authorize the payments?	3	
average	adj	/'ævərɪdʒ/	The global average amount of debt per adult has increased dramatically.	3	
avoid	v	/ə'vɔɪd/	If you want to get promoted at work, you must avoid being late for meetings.	3	
a win-win situation	id	/ə wɪn wɪn ,sɪtʃu'eɪʃn/	What do you mean a win-win situation ? I've just lost my job.	3	
beneficiary	n	/'benɪ'fɪəri/	Who will be the main beneficiary of the new scheme?	3	
benefit	v	/'benɪfɪt/	Did you benefit from the latest tax decrease?	3	
be on (somebody's) radar	id	/bi ɒn ... 'reɪdɑ:(r)/	Are the new contracts on your radar ? You need to deal with them soon.	3	
best practice	n	/'best 'præktɪs/	The aim of the report is to promote best practice among our workers.	3	
boot up	phr v	/'bu:t 'ʌp/	This computer takes ages to boot up .	3	
break down	phr v	/'breɪk daʊn/	My marriage broke down .	3	
bring (something) to the table	id	/'brɪŋ ... tə ðə 'teɪbl/	Salary cuts are a tricky issue, but someone had to bring it to the table .	3	
bring (somebody) up to speed	id	/'brɪŋ ... ʌp tə spi:d/	He's new to the business, but I'll quickly bring him up to speed .	3	
broadly	adv	/'brɔ:dli/	Broadly speaking, I'm quite content with my work.	3	
charitable foundation	n	/'tʃærətəbl faʊn'deɪʃn/	She works for a charitable foundation and she loves it.	3	
coin	n	/'kɔɪn/	I found a coin in the drawer and used it for the vending machine.	3	
collapse	v	/'kæləps/	Consumer spending is bound to collapse next year.	3	
cut down	phr v	/'kʌt daʊn/	They've cut down my hours at work.	3	
debt	n	/'det/	I had a huge debt that I had to pay off.	3	
delusion	n	/'delu:ʒn/	The idea of endless economic growth is obviously a delusion .	3	
donate	v	/'dəʊ'neɪt/	Private investors donate millions of dollars to humanitarian causes every year.	3	
dress down	phr v	/'dres daʊn/	It was a casual meeting so she decided to dress down .	3	
dress up	phr v	/'dres ʌp/	Are you going to dress up for the company dinner?	3	
drill down	phr v	/'drɪl daʊn/	The report doesn't look complete. You will have to drill down a bit more.	3	
dumb down	phr v	/'dʌm daʊn/	Dumb down the report. We need everyone to understand the main issues.	3	
duty-free	adj	/'dju:ti fri/	The first duty-free shops opened in the 1960s.	3	
eccentric	adj	/'ɪk'sentɪk/	His behaviour might be a bit eccentric , but he usually gets his point across.	3	
economic growth	n	/'ekə'nɒmɪk 'grəʊθ/	Economic growth has halted.	3	
efficiently	adv	/'ɪfɪjntli/	We could use our resources more efficiently .	3	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
element (of)	<i>n</i>	/ˈelɪmənt (əv)/	There was an element of surprise in his speech.	3	
embarrassing	<i>adj</i>	/ɪmˈbærəsɪŋ/	It was embarrassing when he started shouting at the meeting.	3	
establishment	<i>n</i>	/ɪˈstæblɪʃmənt/	A new educational establishment has opened in the neighbourhood.	3	
estimate	<i>v</i>	/ˈestɪmeɪt/	I estimate a 10% increase in sales this year.	3	
eternal	<i>adj</i>	/ɪˈtɜːnl/	Economic growth cannot be eternal .	3	
extravagant	<i>adj</i>	/ɪkˈstrævəɡənt/	The lives of the wealthy can sometimes be a bit extravagant .	3	
extreme	<i>adj</i>	/ɪkˈstriːm/	She lived in extreme poverty as a child.	3	
fall on hard times	<i>id</i>	/fɔːl ɒn hɑːd taɪmz/	Investing money doesn't automatically lead to you falling on hard times .	3	
figure out	<i>phr v</i>	/ˈfɪɡə(r) aʊt/	I can't figure out how some people can survive with so little.	3	
fluctuate	<i>v</i>	/ˈflʌktʃueɪt/	Don't be naive. Interest rates fluctuate .	3	
gap	<i>n</i>	/ɡæp/	The gap between the rich and the poor has widened.	3	
give away	<i>phr v</i>	/ˈɡɪv əweɪ/	I've decided to give away 10% of my salary every month.	3	
give people a heads-up	<i>id</i>	/ɡɪv ˈpiːpl ə hedz ʌp/	Don't forget to give people a heads-up about the new developments.	3	
give up	<i>phr v</i>	/ɡɪv ʌp/	I don't think I could give up my phone.	3	
going forward	<i>id</i>	/ˈɡəʊɪŋ ˈfɔːwəd/	Going forward , we need to apply best practice throughout this project.	3	
good causes	<i>n, pl</i>	/ɡʊd kɔːzɪz/	When he died, he left all his money to good causes .	3	
go the extra mile	<i>id</i>	/ɡəʊ ðə ˈekstrə maɪl/	In this kind of job you need to go the extra mile to succeed.	3	
gradual	<i>adj</i>	/ˈɡrædʒuəl/	There has been a gradual change in the economy.	3	
grateful	<i>adj</i>	/ˈɡreɪtfl/	You should be grateful that you have so much free time.	3	
grow the business	<i>v</i>	/ɡrəʊ ðə ˈbɪznəs/	We need to grow the business if we want to survive.	3	
hardship	<i>n</i>	/ˈhɑːdʃɪp/	In times of hardship , relatives are the greatest help.	3	
have it tough	<i>id</i>	/həv ɪt taʊf/	I wasn't extremely poor as a child, but I had it tough .	3	
hit the ground running	<i>id</i>	/hɪt ðə ɡraʊnd ˈrʌnɪŋ/	We made such a wonderful team. We hit the ground running .	3	
hooked on	<i>adj</i>	/hʊkt ɒn/	Why are we hooked on buying so much useless stuff?	3	
household	<i>n</i>	/ˈhaʊshəʊld/	Every second household is in debt these days.	3	
impact (something)	<i>v</i>	/ɪmˈpækt .../	The new bill will impact on how small businesses operate.	3	
income	<i>n</i>	/ɪnkəm/	We have to start looking at the issue of income redistribution.	3	
inequality	<i>n</i>	/,ɪnɪˈkwələti/	Many women are still fighting inequality in their workplace.	3	
inflation	<i>n</i>	/ɪnˈfleɪʃn/	Inflation went up sharply this month.	3	
in full swing	<i>id</i>	/ɪn fʊl swɪŋ/	They sold their house when the real estate bubble was in full swing .	3	
interest rate	<i>n</i>	/ˈɪntrest reɪt/	We bought our house at a low interest rate .	3	
issue	<i>n</i>	/ˈɪʃuː/	What do you know about the issue of inequality in the workplace?	3	
keep (somebody) in the loop	<i>id</i>	/kiːp ... ɪn ðə luːp/	Could you please keep me in the loop ? I want to be informed.	3	
label	<i>v</i>	/ˈleɪbl/	Could you please label every item with your name?	3	
let (somebody) down	<i>phr v</i>	/ˈlet ... daʊn/	I'm so sorry I've let you down again.	3	
life expectancy	<i>n</i>	/ˈlaɪf ɪkˌspektənsɪ/	Surprisingly, life expectancy has decreased slightly in recent years.	3	
literate	<i>adj</i>	/ˈlɪtərət/	The number of literate people in the world today has increased dramatically.	3	
live down	<i>phr v</i>	/lɪv daʊn/	I think I've finally managed to live that mistake down .	3	
living standards	<i>n, pl</i>	/ˈlɪvɪŋ ˈstændədz/	Everyone here wants to increase their living standards .	3	
median	<i>adj</i>	/ˈmiːdiən/	America's median family income has increased by 85% since 1957.	3	
mess around with	<i>id, phr v</i>	/mes əˈraʊnd wɪð/	Who's been messing around with my tablet?	3	
mid-life	<i>n</i>	/mɪdˈlaɪf/	Most people I know say they're happy in mid-life .	3	
mission-critical	<i>adj</i>	/ˈmɪʃn ˈkrɪtɪkl/	She won't get fired. She's mission-critical for the company.	3	
modest	<i>adj</i>	/ˈmɒdɪst/	During my school years, I lived on a modest budget.	3	
movement	<i>n</i>	/ˈmuːvmənt/	She observed the movement of his hands as he spoke.	3	

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payback	<i>n</i>	/ˈpeɪbæk/	I donated money to the local school as payback . I got so much out of education.	3	
peak	<i>n</i>	/pi:k/	I think prices have reached their peak .	3	
philanthropy	<i>n</i>	/fɪˈlænrəpi/	Our charitable organization works thanks to private philanthropy .	3	
plaque	<i>n</i>	/plæk/	There is a plaque in front of my house saying that a famous person was born there.	3	
plummet	<i>v</i>	/ˈplʌmɪt/	The sale of houses will plummet next year.	3	
plunge	<i>v</i>	/plʌndʒ/	Stock markets often plunge during a crisis.	3	
poverty	<i>n</i>	/ˈpɒvəti/	Sadly, many people around the world live in extreme poverty .	3	
presumably	<i>adv</i>	/prɪˈzju:məbli/	Presumably , house prices will pick up again.	3	
progress	<i>n</i>	/ˈprɒɡres/	We are working so hard and still making so little progress .	3	
proportion	<i>n</i>	/prəˈpɔ:ʃn/	The proportion of the world's population living in extreme poverty has increased.	3	
prosperous	<i>adj</i>	/ˈprɒspərəs/	Life is harder outside the prosperous areas of the city.	3	
public functions	<i>n, pl</i>	/ˈpʌblɪk ˈfʌŋkʃnz/	He doesn't like attending public functions .	3	
radical	<i>adj</i>	/ˈrædɪkl/	His ideas seemed a bit radical at first, but his originality was so welcome.	3	
rags to riches	<i>id</i>	/rægz tə ˈrɪtʃɪz/	He won the lottery and went from rags to riches overnight.	3	
rate	<i>n</i>	/reɪt/	What's the interest rate today?	3	
reasonable	<i>adj</i>	/ˈri:znəbl/	The price of the shares was reasonable .	3	
recall	<i>v</i>	/rɪˈkɔ:l/	No matter how hard I tried – I couldn't recall his name!	3	
redistribution	<i>n</i>	/ri:ˌdɪstrɪˈbjʊ:ʃn/	We should be talking about redistribution of wealth.	3	
relatively	<i>adv</i>	/ˈrelətɪvli/	My life hasn't been too hard, relatively speaking.	3	
remain	<i>v</i>	/rɪˈmeɪn/	Many donors wish to remain anonymous.	3	
remarkable	<i>adj</i>	/rɪˈmɑ:kəbl/	There is nothing remarkable about him. He's just a normal guy.	3	
rocket	<i>v</i>	/ˈrɒkɪt/	Will house prices rocket again, do you think?	3	
set	<i>adj</i>	/set/	House prices are set to rocket again.	3	
set out to	<i>phr v</i>	/set aʊt tə/	When I left university, I set out to work hard. And it has paid off.	3	
share prices	<i>n, pl</i>	/ʃeə(r) praɪsɪz/	Share prices have increased sharply.	3	
sharp	<i>adj</i>	/ʃɑ:p/	There has been a sharp fall in house prices.	3	
shelter	<i>v</i>	/ˈʃeltə(r)/	Parents always shelter their children too much.	3	
shut down	<i>phr v</i>	/ʃʌt daʊn/	Shut down the computer and join us for dinner.	3	
significantly	<i>adv</i>	/sɪgˈnɪfɪkəntli/	Money wouldn't make me significantly happier.	3	
slice of the cake	<i>idiom</i>	/slaɪs ɒv ðə keɪk/	Everyone wants a larger slice of the cake , but there's just not enough.	3	
slightly	<i>adv</i>	/ˈslaɪtli/	The number of unemployed people has decreased slightly this term.	3	
soar	<i>v</i>	/so:(r)/	Inflation will most likely soar to 11%.	3	
speed up	<i>phr v</i>	/ˈspi:d ʌp/	Drive carefully and don't speed up !	3	
spoilt	<i>adj</i>	/spɔɪlt/	I was a spoilt child. I got everything I wanted.	3	
stable	<i>adj</i>	/ˈsteɪbl/	Should I buy a house now that interest rates are more stable ?	3	
steady	<i>adj</i>	/ˈstedi/	All I ask for is a steady job.	3	
stressful	<i>adj</i>	/ˈstresfl/	Many people live stressful lives nowadays.	3	
strict	<i>adj</i>	/ˈstrɪkt/	My parents were never too strict with me.	3	
strive	<i>v</i>	/straɪv/	We encouraged our children to strive for what they wanted.	3	
substantial	<i>adj</i>	/səbˈstæʃnəl/	There has been a substantial change in the company policy.	3	
task (somebody)	<i>v</i>	/tɑ:sk .../	I'm waiting for the manager to task me. I don't know what to do yet.	3	
tax revenue	<i>n</i>	/tæks ˈreɪnju:/	The decrease in social spending is due to falling tax revenue .	3	
think outside the box	<i>id</i>	/θɪŋk ˈaʊtsaɪd ðə bɒks/	In order to be creative you must think outside the box .	3	
throw (something) away	<i>phr v</i>	/θrəʊ ... əweɪ/	It seems we never fix gadgets anymore. We just throw them away !	3	
touch base	<i>id</i>	/tʌtʃ beɪs/	Don't stop working. I just wanted to touch base .	3	

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pl = plural prep = preposition v = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
track down	phr v	/træk daʊn/	The police managed to track down the suspect.	3	
trade-off	n	/'treɪdɒf/	There is always a trade-off between the benefits of a drug and the side-effects.	3	
trade up	phr v	/'treɪd ʌp/	I wouldn't trade up my phone for anything.	3	
tragic	adj	/'trædʒɪk/	It was a tragic moment when we saw the business shut down.	3	
transform	v	/'træns'fɔ:m/	Many people have helped transform the city with their philanthropy.	3	
trend	n	/'trend/	It is quite an interesting fashion trend .	3	
trickle-down effect	id	/'trɪkl daʊn ɪ'fekt/	If big companies succeed, you will stand a better chance due to the trickle-down effect .	3	
turn (something) up	phr v	/'tɜ:n ... ʌp/	I can't hear the music. Could you please turn it up ?	3	
use up	phr v	/'ju:s ʌp/	I had to use up all the resources to finish the task before the deadline.	3	
wake up and smell the coffee	id	/'weɪk ʌp ænd smel ðə 'kɒfi/	You live in a world of your own. You need to wake up and smell the coffee .	3	
wind up	phr v	/'waɪnd ʌp/	I'm surprised he didn't wind up in prison.	3	
alcoholic	n	/'ælkə'hɒlɪk/	After years of binge drinking, he became an alcoholic .	4	
amusingly	adv	/'ə:mju:zɪŋli/	The speaker introduced himself amusingly and made everybody laugh.	4	
baptize	v	/'bæpt'aɪz/	Are you going to baptize your children?	4	
basis	n	/'beɪsɪs/	She was convicted of the crime on the basis of eyewitness statements.	4	
bedridden	adj	/'bedrɪdn/	Sir Arthur Conan Doyle was bedridden for three years prior to his death.	4	
bishop	n	/'bɪʃəp/	He met the Bishop of London on his latest trip.	4	
blow	n	/'bləʊ/	Harry was injured by the blow .	4	
build	n	/'bɪld/	What height and build was the robber?	4	
circumstance	n	/'sɜ:kəmstəns/	The plane was delayed due to unforeseen circumstances .	4	
cold feet	id	/'kəʊld fi:t/	Sam got cold feet and the wedding was cancelled.	4	
comedian	n	/'kə'mi:diən/	He is a stand-up comedian .	4	
contestant	n	/'kɒn'testənt/	Have you ever been a contestant on a TV show?	4	
contort	v	/'kɒn'tɔ:t/	The acrobats can contort their bodies in impossible ways.	4	
contract	n	/'kɒntrækt/	Make sure you sign a contract before you start work.	4	
court	n	/'kɔ:t/	The congressman will appear in court tomorrow.	4	
crate	n	/'kreɪt/	He was carrying a crate of beer.	4	
criminal justice system	n	/'krɪmɪnl 'dʒʌstɪs 'sɪstəm/	This case had an impact on the criminal justice system .	4	
deduction	n	/'dɪ'dʌkʃn/	Sherlock Holmes used deduction to solve most of his cases.	4	
delude	v	/'dɪ'lu:d/	Don't delude yourself. The other contestant deserved to win.	4	
detailed	adj	/'di:teɪld/	She gave a detailed account of her trips.	4	
disguise	v	/'dɪs'gaɪz/	Maybe you can disguise yourself as a police officer and sneak in there?	4	
document	n	/'dɒkjumənt/	I've just saved a new document in my computer.	4	
eager	adj	/'i:ɡə(r)/	Please tell me everything you know. I'm eager to learn.	4	
eliminate	v	/'ɪlɪmɪneɪt/	To solve a mystery, you first have to eliminate the impossible.	4	
expose	v	/'ɪk'spəʊz/	She took off her glasses to expose her beautiful eyes.	4	
eyewitness	n	/'aɪwɪtnəs/	I've been an eyewitness in a car accident. It was awful to watch.	4	
fairy	n	/'feəri/	I thought I saw a fairy once when I was a child.	4	
final straw	id	/'faɪnl strɔ:/	This is the final straw . I won't put up with him anymore!	4	
fine line	n	/'faɪn laɪn/	There is a fine line between love and hate.	4	
folder	n	/'fəʊldə/	Have you saved the report in the share folder ?	4	
foregone conclusion	n	/'fɔ:gɒn kən'klu:ʒn/	I wasn't surprised about the result. It was a foregone conclusion .	4	
formative	adj	/'fɔ:mətɪv/	My English teacher was a formative influence on me.	4	
frustrated	adj	/'frʌ'streɪtɪd/	My partner works as a doctor, but she's a frustrated writer.	4	
go on	phr v	/'ɡəʊ ɒn/	Why did you go on with the show? You should have cancelled it.	4	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
grey area	n	/ˈɡreɪ ˈeəriə/	Exactly what can be called an offensive weapon is still a grey area .	4	
guidelines	n, pl	/ˈɡaɪdlaɪnz/	Police officers must follow strict guidelines .	4	
handcuffs	n, pl	/ˈhændkʌfs/	It was easy for Houdini to escape from handcuffs .	4	
harbour	n	/ˈhɑːbə(r)/	The boat is kept in the harbour .	4	
hypochondriac	n	/ˈhaɪpəˈkɒndrɪæk/	There's nothing wrong with you. You are just a bit of a hypochondriac .	4	
illusionist	n	/ɪˈluːʒənɪst/	Houdini was a famous illusionist .	4	
inauspicious	adj	/ɪˈnɔːspɪʃəs/	We had so much trouble getting the paperwork done. It was an inauspicious start.	4	
insanity	n	/ɪnˈsæniəti/	He was found not guilty by reason of insanity .	4	
itchy feet	id	/ɪtʃi ˈfiːt/	Whenever I stay in one place for more than two years I get itchy feet .	4	
justified	adj	/ˈdʒʌstɪfaɪd/	The judge found that the police's use of force had been justified .	4	
last resort	n	/lɑːst rɪˈzɔːt/	I'm sorry to bother you with this, but you are my last resort .	4	
level playing field	id	/ˈlevl ˈpleɪɪŋ ˈfiːld/	Sportswomen are still demanding a level playing field .	4	
likelihood	n	/ˈlaɪklihʊd/	What's the likelihood of being offered two jobs at the same time?	4	
long shot	id	/lɒŋ ʃɒt/	It's a bit of a long shot , but it might be worth trying.	4	
lost cause	id	/lɒst ˈkɔːz/	I tried to convince my brother he was being tricked, but it was a lost cause .	4	
make an impression	id	/meɪk ən ɪmˈpreʃn/	My first manager made an impression on me. She's my role model.	4	
medium	n	/ˈmiːdiəm/	She says she's a medium and uses tricks to fool people.	4	
mistaken	adj	/mɪˈsteɪkən/	I thought she had pinched my sandwich, but I was mistaken .	4	
mixed blessing	id	/ˈmɪksɪd ˈblesɪŋ/	Beauty can be a mixed blessing .	4	
offend	v	/əˈfend/	I was just making a joke. I didn't mean to offend her.	4	
outcry	n	/ˈaʊtkraɪ/	When Doyle killed off Sherlock Holmes, there was a huge public outcry .	4	
paradoxical	adj	/ˈpærəˈdɒksɪkl/	It is paradoxical that some of the poorest people live in rich countries.	4	
photoshop	v	/ˈfəʊtəʊʃɒp/	We just need to photoshop a few details and the picture will be ready.	4	
problematic	adj	/ˈprɒbləˈmæɪtɪk/	The situation is quite problematic .	4	
purely	adv	/ˈpjʊəli/	I met your dad purely by chance.	4	
raw deal	id	/rɔː diːl/	Older workers often get a raw deal .	4	
saving grace	id	/ˈseɪvɪŋ ˈɡreɪs/	Her eloquence is her saving grace .	4	
séance	n	/ˈseɪəns/	Have you ever been to a séance ?	4	
second thoughts	n, pl	/ˈsekənd θɔːts/	Are you having second thoughts about the relationship?	4	
sham	n	/ʃæm/	Don't believe anything she says. She's a sham .	4	
shore	n	/ʃɔː/	I swam from the boat to the shore .	4	
slippery slope	id	/ˈslɪpəri sliːp/	She realized he was on the slippery slope towards a life of crime.	4	
smuggle	v	/ˈsmʌɡl/	They managed to smuggle a gun into the prison.	4	
so-called	adj	/səʊ ˈkɔːld/	This is the opinion of a so-called expert.	4	
sore point	id	/sɔː(r) pɔɪnt/	It's a sore point with my parents that I haven't finished my degree.	4	
specimen beaker	n	/ˈspesɪmən ˈbiːkə(r)/	I can't find the specimen beaker . My chemistry teacher is going to be mad.	4	
spirit	n	/ˈspɪrɪt/	You can't believe she really communicated with a spirit .	4	
stage	n	/steɪdʒ/	Houdini collapsed on stage .	4	
statement	n	/ˈsteɪtmənt/	Is the following statement true or false?	4	
strike	n	/straɪk/	There might be a train strike tomorrow.	4	
supernatural phenomena	n, pl	/ˌsuːpəˈnætʃrəl fəˈnɒmɪnə/	Sir Arthur Conan Doyle also wrote about supernatural phenomena .	4	
take (somebody) in	phr v	/teɪk ... ɪn/	She completely took me in with her story.	4	
take it in turns	id	/teɪk ɪt ɪn ˈtʌnz/	The two contestants must take it in turns to answer the questions.	4	
temporary	adj	/ˈtempərəri/	Please note this is a temporary address.	4	
thoughtful	adj	/ˈθɔːtfl/	Thank you for the tickets. It was very thoughtful of you.	4	

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uncanny	adj	/ʌn'kæni/	I had an uncanny feeling I was being followed.	4	
wake-up call	n	/weɪk ʌp kɔ:l/	Losing my job was a wake-up call .	4	
wishful thinking	n	/wɪʃl 'θɪŋkɪŋ/	Do you really think that is going to happen? Or is it just wishful thinking ?	4	
withstand	v	/wɪð'stænd/	Nobody should have to withstand hunger.	4	
administer	v	/əd'mɪnɪstə/	Is Greenland still administered by Denmark?	5	
advent	n	/'ædvent/	Life was very different before the advent of the mobile phone.	5	
astounded	adj	/ə'staʊndɪd/	I was astounded to hear that she had left the company.	5	
awesome	adj US	/'ɔ:səm/	That was an awesome movie!	5	
barren	adj	/'bærən/	Nothing can grow on this barren land.	5	
bathrobe	n US	/bɑ:θrəʊb/	She put on her bathrobe and dashed out of the bathroom.	5	
bombard	v	/bɒm'bɑ:d/	The hotel has been bombarded with complaints.	5	
broad-mindedness	n	/'brɔ:d 'maɪndɪdnəs/	We should aim to promote tolerance and broad-mindedness .	5	
browse	v	/'braʊz/	I spent three hours browsing the Internet for cheap holidays last night.	5	
cabbage	n	/'kæbɪdʒ/	I used to hate cabbage when I was a kid.	5	
cannibalism	n	/'kænbəɪlɪzəm/	Cannibalism is surprisingly common in the animal world.	5	
carcinogenic	adj	/'kɑ:sɪnə'dʒenɪk/	Cigarette smoke is carcinogenic – it causes lung and throat cancer.	5	
caution	n	/'kɔ:ʃn/	Drive with extreme caution . The road is slippery.	5	
check	n US	/'tʃek/	Could I get the check , please?	5	
chew	v	/'tʃu:/	Make sure you chew your food properly.	5	
choke	v	/'tʃəʊk/	I didn't swallow the piece of toast properly and I choked .	5	
civilized	adj	/'sɪvəlaɪzɪd/	No civilized country should allow these crimes to go unpunished.	5	
closet	n US	/'klɒzɪt/	I'll check the closet . There might be an old TV set there.	5	
concession	n	/'kɒn'seɪʃn/	My dad hates technology. His one concession is a mobile phone.	5	
consensus	n	/'kɒn'sensəs/	What's the consensus , everyone? Should we go for a curry or a pizza tonight?	5	
cookie	n US	/'kʊki/	Have a cookie ! My aunt baked them.	5	
courtroom	n	/'kɔ:trʊm/	The judge came into the courtroom .	5	
decline	v	/'dɪ'klaɪn/	I offered to help her with her homework but she declined .	5	
dedicate	v	/'dedɪkeɪt/	She dedicates all her free time to helping other people.	5	
delicacy	n	/'delɪkəsi/	Rotten shark is the local delicacy .	5	
diminutive stature	id	/'dɪ'mɪnjətɪv 'stætʃə(r)/	I was surprised by the actor's diminutive stature . He looks much taller on-screen.	5	
diverse	adj	/'daɪ'vɜ:s/	London has an ethnically diverse population.	5	
doll	n	/'dɒl/	I think I left my daughter's doll at the park.	5	
drugstore	n US	/'drʌgstɔ:(r)/	Could you go to the drugstore and get me some cough syrup?	5	
dutifully	adv	/'dʒu:tfəli/	They listened dutifully to their parents and did as they were asked.	5	
endanger	v	/'ɪn'deɪndʒə(r)/	If you drink alcohol and then drive, you endanger your own and other people's lives.	5	
enormity	n	/'ɪ'nɔ:məti/	I don't think you fully understand the enormity of the problem.	5	
ever-encroaching	adj	/'evə(r) ɪn'krəʊtʃɪŋ/	Everyone sensed the ever-encroaching feeling of doom regarding the economy.	5	
fall	n US	/'fɔ:l/	Fall is my favourite season.	5	
faucet	n US	/'fəʊsɪt/	Somebody has left the faucet turned on. I can hear water leaking.	5	
freeway	n US	/'fri:weɪ/	He got a ticket for speeding on the freeway .	5	
frisson	n	/'fri:sɒn/	Inviting the famous actor added a frisson of excitement to the party.	5	
Gaelic	n	/'geɪlɪk/	Did your Irish cousin learn Gaelic at school?	5	
gambit	n	/'gæmbɪt/	His opening conversational gambit was, 'Do you come here often?'	5	
garbage	n US	/'gɑ:brɪdʒ/	Did you remember to take out the garbage ?	5	
grandeur	n	/'grændʒə(r)/	I was impressed by the grandeur of the gothic architecture.	5	

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have second thoughts	id	/hæv sekənd 'θo:ts/	Are you having second thoughts about the relationship?	5	
head-hunting	n	/'hed hʌntɪŋ/	Head-hunting was practised in many cultures in historic times.	5	
indifferent	adj	/'ɪndɪfrənt/	We can't afford to be indifferent to our customers' opinions.	5	
inedible	adj	/'ɪnedəbl/	He's such a bad cook. Everything he cooks is inedible .	5	
insult	v	/'ɪnsʌlt/	I'm not speaking to Dan anymore because he insulted my family.	5	
interpret	v	/'ɪntɜ:pri:t/	It's extremely difficult to interpret in real time.	5	
intriguing	adj	/'ɪntri:ɡɪŋ/	This project sounds very intriguing ! Tell me more!	5	
isolated	adj	/'aɪsəleɪtɪd/	It's difficult to provide care for old people in isolated rural areas.	5	
jaded	adj	/'dʒeɪdɪd/	He's been in his job for too long – he's so jaded .	5	
kin	n	/kɪn/	Katherine is his kin by marriage. She's his brother's wife.	5	
knot	n	/nɒt/	Tie the two ropes together with a knot .	5	
licence number	n, coll	/'laɪsəns 'nʌmbə(r)/	They have installed a new system of car licence number recognition.	5	
log off	phr v	/lɒɡ 'ɒf/	Make sure you save your work before you log off .	5	
low-key	adj	/'ləʊ 'ki:/	My 40th birthday party was very low-key . I only invited 10 people.	5	
outgoing	adj	/'aʊt'ɡəɪŋ/	Most of my friends are talkative and outgoing .	5	
pants	n US	/'pænts/	Do you like my new pair of pants ? Do they go with my blue shirt?	5	
pin	n	/'pɪn/	Don't try on the blouse yet. There's a pin we need to take out!	5	
pinpoint accuracy	id	/'pɪnpɔɪnt 'ækjərəsɪ/	My mobile phone calculated our location with pinpoint accuracy .	5	
polygamy	n	/'pɒlɪɡəmi/	Polygamy is illegal in this country so you can only have one wife.	5	
potato chips	n, pl US	/'pə'tetəʊ tʃɪps/	It is not advisable to eat potato chips before lunch.	5	
rake	v US	/'reɪk/	As a kid, I used to rake the yard every week to get pocket money.	5	
random	adj	/'rændəm/	A series of random events led to me meeting my wife.	5	
renounce	v	/'rɪ'naʊns/	I refuse to renounce my beliefs.	5	
robustly	adv	/'rəʊ'bʌstli/	The government defended their policies robustly .	5	
routine procedure	phr	/'ru:ti:n prə'si:dʒə(r)/	Having your teeth whitened is becoming a routine procedure in this country.	5	
rural	adj	/'rʊərəl/	Rural areas often have no facilities or public transport.	5	
sidewalk	n US	/'saɪdwɔ:k/	Please use the sidewalk . Roads are dangerous for pedestrians.	5	
slam	v	/'slæm/	Why did you slam the door in my face?	5	
smog	n	/'smɒɡ/	The city council is banning traffic in the city centre in an attempt to reduce smog .	5	
spear	n	/'spiə(r)/	There were lots of Roman spears on display in the museum.	5	
speed bump	n	/'spi:d bʌmp/	Please slow down, there are some speed bumps ahead.	5	
spouse	n	/'spəʊs/	Fill in your spouse's name here on this form, please.	5	
stalk	v	/'sto:k/	We watched the lion stalk the zebra for an hour before it attacked.	5	
stamping ground	n, coll	/'stæmpɪŋ ɡraʊnd/	This bar was our favourite stamping ground at university.	5	
stereotype	n	/'steriətaɪp/	French people don't eat cheese every day. That's just a stereotype !	5	
stumble across	phr v	/'stʌmbl ə'krɒs/	I stumbled across a box of old photos when I was clearing the attic.	5	
swearing	n	/'swearɪŋ/	The language he used was shocking with all the swearing .	5	
tick	v	/'tɪk/	You can certainly do what you want, but the clock is ticking .	5	
toll	n	/'təʊl/	Take the next exit if you want to avoid the toll road.	5	
transaction	n	/'trænzækʃn/	We need to be sure that all online transactions are secure.	5	
tribe	n	/'traɪb/	They met a remote tribe living in the Amazonian rainforest.	5	
unfold	v	/'ʌn'fəʊld/	The audience watched in silence as the story unfolded .	5	
urban	adj	/'ɜ:bən/	The population is always higher in urban areas.	5	
venture forth	phr	/'ventʃə(r) 'fɔ:θ/	At 18 she was ready to leave home and venture forth into the world.	5	
wild boar	n	/'waɪld 'bɔ:(r)/	They enjoyed hunting for wild boar in the forest.	5	

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windshield	n US	/ˈwɪndʃiːld/	Somebody has left a note on the windshield .	5	
witness	n	/ˈwɪtnəs/	I asked my boss to be a witness at my wedding.	5	
yard	n US	/jɑːd/	The house comes with a yard where you can grow flowers or vegetables.	5	
zip code	n US	/ˈzɪp kəʊd/	Have you got her complete address including the zip code ?	5	
aerial	adj	/ˈeəriəl/	The citizens are scared there might be another aerial attack.	6	
affliction	n	/əˈflɪkʃn/	After her death, his affliction was so great that he spent his days crying.	6	
aftermath	n	/ˈɑːftəməθ/	The economy started to take off in the aftermath of the war.	6	
allocate	v	/ˈæləkeɪt/	We haven't managed to allocate the funds yet.	6	
anarchist	n	/ˈænəkɪst/	He was an anarchist during the Civil War years.	6	
armoured tank	n	/ˈɑːməd tæŋk/	Armoured tanks entered the city after the siege.	6	
automatically	adv	/ˌɔːtəˈmætɪkli/	The heating switches on automatically .	6	
baffling	adj	/ˈbæflɪŋ/	His behaviour was baffling . I didn't know what to make of it.	6	
barbed wire	n	/ˈbɑːbd ˈwaɪə(r)/	They found barbed wire near the trenches.	6	
be down to (something)	id	/bi daʊn tə .../	The doctor said his frequent stomach aches are down to stress.	6	
bleak	adj	/bliːk/	Alone and jobless, he was looking at a bleak future.	6	
bombardment	n	/bɒmˈbɑːdmənt/	The city came under heavy bombardment .	6	
break out	phr v	/ˈbreɪk aʊt/	He joined the army when the war was about to break out .	6	
bury	v	/ˈberi/	They decided to bury him in the local graveyard.	6	
carol	n	/ˈkærəl/	During Christmas, you hear carols in every shop you go to.	6	
casualty	n	/ˈkæʒuəlti/	There was one casualty in the car crash.	6	
charge	n	/tʃɑːdʒ/	The general decided to make a direct charge against the trenches.	6	
civil	adj	/ˈsɪvl/	It's difficult to reintegrate back into civil life after serving in a war.	6	
civilian	n	/səˈvɪliən/	It was hard to go back to being a civilian after serving in the war.	6	
clot	v	/klot/	Transfused blood won't clot if it's mixed with sodium citrate.	6	
coin	v	/kɔɪn/	People coin new terms every day to describe new realities.	6	
come about	phr v	/kʌm əˈbaʊt/	How did the accident come about ?	6	
comeback	n	/ˈkʌmbæk/	I'm not too sure I like this trend of aging bands staging a comeback .	6	
commander	n	/kəˈmɑːndə(r)/	Douglas Haig acted as commander of the British forces during World War I.	6	
conduct	v	/kənˈdʌkt/	The government is going to conduct a survey to find out the number of households without a TV.	6	
conscription	n	/kənˈskrɪpʃn/	He didn't join the army voluntarily. It was military conscription .	6	
course	n	/kɔːs/	Some people may argue World War II changed the course of history.	6	
cutback	n	/ˈkʌtbæk/	There's likely to be a cutback in public spending.	6	
day-to-day	adj	/ˌdeɪ tə ˈdeɪ/	The Amish follow a strict set of rules for day-to-day living.	6	
debate	n	/dɪˈbeɪt/	The role of women during the Great War is still under debate .	6	
depot	n	/ˈdepeɪ/	They found an arms depot hidden in the desert.	6	
despair	n	/dɪˈspeə(r)/	The soldier uttered a cry of despair .	6	
devastating	adj	/ˈdevəsteɪtɪŋ/	World War I had a devastating impact on the British upper classes.	6	
digestive	adj	/dɪˈdʒestɪv/	As far as I remember, I've always had digestive problems.	6	
digestive disorder	n	/dɪˈdʒestɪv dɪsˈɔːdə(r)/	Digestive disorder was a shared symptom after the war.	6	
disfigure	v	/dɪsˈfɪɡə(r)/	The weapons used in the war disfigured many veterans.	6	
donor	n	/ˈdəʊnə(r)/	John is a blood donor – he donates his blood to help other people.	6	
dress code	n	/dres kəʊd/	The army has a strict dress code .	6	
dump	v	/dʌmp/	I can't believe he'd dump me after everything I did for him.	6	
ease	v	/iːz/	He was given psychological help to ease the transition to civilian life.	6	
election	n	/ɪˈleɪʃn/	Do you know the outcome of the election ?	6	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
emancipation	n	/ɪˈmænsɪˈpeɪʃn/	Historians are still debating if World War I played a part in women's emancipation .	6	
familiar	adj	/fəˈmɪliə(r)/	I woke up to the familiar smell of coffee.	6	
fire	v	/'faɪə(r)/	The president of the company decided to fire six managers after the restructuring.	6	
fly in the face of	id	/'flaɪ ɪn ðə feɪs ɒv/	His proposals usually fly in the face of common sense.	6	
forces	n, pl	/'fɔːsɪz/	He joined the British forces .	6	
full of yourself	id	/'fʊl ɒv jɔː'self/	I can't stand him. He's so full of himself .	6	
funds	n, pl	/'fʌndz/	Government funds haven't been allocated yet.	6	
graft	n	/'grɑːft/	After the accident, he needed a skin graft on his face to look human again.	6	
grave	n	/'greɪv/	My grandparents were buried in the same grave .	6	
gruesome	adj	/'gruːsəm/	He couldn't sleep after watching such gruesome images.	6	
happy medium	id	/'hæpi 'miːdiəm/	The test won't be too hard or too easy. I'll find a happy medium .	6	
hideous	adj	/'hɪdiəs/	The hideous sight made him turn his face.	6	
invalid	n	/'ɪnvəlɪd/	He returned from war as an invalid .	6	
liberate	v	/'lɪbəreɪt/	Did World War I really liberate women?	6	
maim	v	/'meɪm/	Their task was to kill or maim enemy soldiers.	6	
masculine	adj	/'mæskjələn/	Many women carried out traditionally masculine jobs during the war years.	6	
medic	n	/'medɪk/	He worked as a medic in the armed forces.	6	
mercy	n	/'mɜːsi/	He shows no mercy to his enemies.	6	
merger	n	/'mɜːdʒə(r)/	There was a merger between the two companies.	6	
mutilate	v	/'mjuːtɪleɪt/	Every year landmines mutilate and kill innocent people.	6	
no longer	id	/'nəʊ 'lɒŋɡə(r)/	He no longer belongs to this community.	6	
not have a clue	id	/'nɒt həv ə kluː/	I tried to reason with him but he just doesn't have a clue what he's doing.	6	
on the stroke of	id	/'ɒn ðə strəʊk ɒv/	We are leaving on the stroke of ten, so don't be late.	6	
organ transplant	n	/'ɔːɡən 'trænsplɑːnt/	There is a chance his body will reject the organ transplant .	6	
outbreak	n	/'aʊtbreɪk/	The outbreak of war changed the course of his life.	6	
overlook	v	/'əʊvə'lʊk/	It's easy to overlook fine details in the agreement.	6	
pacifist	n	/'pæsɪfɪst/	As a pacifist , I will never support any military intervention.	6	
pay the price	id	/'peɪ ðə praɪs/	He made a mistake, but he's surely paid the price .	6	
peculiar	adj	/'piːkjʊːliə(r)/	There was a peculiar smell I couldn't identify.	6	
persist	v	/'pɜːsɪst/	If the symptoms persist for more than a few days, contact your doctor.	6	
plastic surgery	n	/'plæstɪk 'sɜːdʒəri/	He underwent plastic surgery after the accident.	6	
plight	n	/'plaɪt/	The government should help the homeless in their desperate plight .	6	
proximity	n	/'prɒk'sɪməti/	One of the worst aspects of going into battle is the proximity of death.	6	
restructure	v	/'riː'strʌktʃə(r)/	The management needs to restructure the company.	6	
rifle	n	/'raɪfl/	He found an old army rifle in the attic.	6	
savour	v	/'seɪvə(r)/	I sat down to savour the moment.	6	
screen	v	/'skriːn/	Doctors always screen prospective soldiers for various diseases.	6	
sentry duty	n	/'sentri 'djuːti/	He was on sentry duty for the weekend and missed the party.	6	
shake-up	n	/'ʃeɪk ʌp/	They all agreed there should be a shake-up of the system.	6	
skin	n	/'skɪn/	They took skin from his leg for the implant.	6	
slip-up	n	/'slɪp ʌp/	Sorry for the slip-up . I'll write the document again.	6	
sophisticated	adj	/'sɒfɪstɪkətɪd/	The computer programs we are working with are highly sophisticated .	6	
strike	v	/'straɪk/	He struck me on the cheek.	6	
technical hitch	n	/'teknɪkl 'hɪtʃ/	There was a technical hitch and we couldn't send emails for two hours.	6	
transfusion	n	/'træns'fjuːʒn/	I donated blood on the spot because he desperately needed a transfusion .	6	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
traumatized	adj	/ˈtrɔ:mətaɪzd/	Traumatized soldiers had trouble adapting to civilian life.	6	
trench	n	/ˈtrentʃ/	They dug the trench in a strategic spot.	6	
truce	n	/tru:s/	The two countries agreed on a truce to provide food for the civilians.	6	
twitch	n	/twɪtʃ/	She has a twitch in her eye.	6	
unassuming	adj	/ˌʌnəˈsju:mɪŋ/	Don't be so unassuming . You did an excellent job and you should be proud.	6	
update	v	/ˌʌpˈdeɪt/	The soldiers needed to update the commander on the situation.	6	
uplifting	adj	/ˌʌpˈlɪftɪŋ/	I think it was a very uplifting story. It made me feel good.	6	
vein	n	/veɪn/	The nurse was a bit inexperienced and had trouble finding the vein in my arm.	6	
veteran	n	/ˈvetərən/	As a war veteran , he knows many interesting stories.	6	
vital	adj	/ˈvaɪtəl/	These documents are of vital importance. Don't lose them!	6	
war	n	/wɔ:(r)/	They met during the war and remained friends for the rest of their lives.	6	
wounded	adj	/ˈwu:ndɪd/	He was badly wounded in action.	6	
wrangle (over)	v	/ˈræŋɡl ('əʊvə(r))/	We needed to wrangle over financial issues before we made a deal.	6	
a blessing in disguise	id	/ə 'blesɪŋ ɪn dɪs'gaɪz/	Not getting into university was a blessing in disguise .	7	
a change of heart	id	/ə tʃeɪndʒ ɒv hɑ:t/	At first she didn't want to have babies, but I think she's had a change of heart .	7	
appetite	n	/ˈæpɪtaɪt/	It was such a gruesome sight that I lost my appetite .	7	
as if!	id	/æz ɪf/	He asked me to pay for his lunch. As if!	7	
ask (somebody) out	phr v	/ɑ:sk ... aʊt/	Did you finally ask him out ? Did he say yes?	7	
at ease	adj	/æt i:z/	She always felt at ease when surrounded by people.	7	
back off	phr v	/bæk ɒf/	Back off! There's no need to criticize everyone.	7	
beaming	adj	/bi:mɪŋ/	She met the news of your arrival with a broad, beaming smile.	7	
be rained off	phr v	/bi reɪnd ɒf/	The bad weather meant the game was rained off .	7	
born loser	id	/bɔ:n 'lu:zə(r)/	Nothing he tries seems to work. He's a born loser .	7	
break off	phr v	/breɪk ɒf/	They had to break off all diplomatic relations.	7	
bring it on	id	/brɪŋ ɪt 'ɒn/	A football game against the managers? Bring it on!	7	
broad	adj	/brɔ:d/	She looked at me and gave a broad smile.	7	
call off	phr v	/kɔ:l ɒf/	The workers decided to call off the strike.	7	
capitalism	n	/ˈkæpɪtəlɪzəm/	We live in an age ruled by consumer capitalism .	7	
carry on	phr v	/ˈkæri ɒn/	Carry on with your work. I'll be back in a minute.	7	
catch on	phr v	/kætʃ ɒn/	This new trend didn't really catch on .	7	
chatter	n	/ˈtʃætə(r)/	Could you be quiet, please? I can't concentrate with all this chatter .	7	
cheer (somebody) on	phr v	/tʃɪə(r) ... ɒn/	All my friends came to watch the competition to cheer me on .	7	
come out with	phr v	/kʌm aʊt wɪð/	Why don't you come out with us tonight?	7	
conservatory	n	/kən'sɜ:vətɪri/	We are having a conservatory built next to our house!	7	
cordon off	phr v	/ˈkɔ:dn ɒf/	The police had to cordon off the crime scene.	7	
crack on	phr v	/kræk ɒn/	Stop chatting and crack on with your work.	7	
critical	adj	/ˈkrɪtɪkl/	Some choices are critical to our future.	7	
crow's feet	n, pl, coll	/ˈkrəʊz fi:t/	Are these crow's feet around my eyes? I'm getting old!	7	
deceptive	adj	/dɪ'septɪv/	Don't trust appearances. They can be very deceptive .	7	
distract	v	/dɪ'strækt/	Apps like these only distract you from work.	7	
drag on	phr v	/dræg ɒn/	His lectures were interesting at first, but then they would just drag on .	7	
dream on	phr v	/dri:m ɒn/	You want to travel around the world spending no money? Dream on .	7	
dump	n	/dʌmp/	The hotel looked so nice in the pictures, but it was a total dump .	7	
dwell on	phr v	/dwel ɒn/	I know you made a mistake, just don't dwell on it.	7	
easy come, easy go	id	/i:zi kʌm 'i:zi ɡəʊ/	I've already spent most of my inheritance money. Easy come, easy go .	7	

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enormity	n	/ɪ'no:məti/	The enormity of the problem overwhelmed him.	7	
fence off	phr v	/fens of/	A new neighbour has moved in and we'll have to fence off the garden.	7	
firm	n	/fɜ:m/	Are you working for an engineering firm ?	7	
get over	phr v	/get 'əʊvə(r)/	OK so she left you. You'll soon get over it.	7	
gloomy	adj	/'glu:mi/	The future looked gloomy after their split.	7	
go off	phr v	/gəʊ of/	Severe food poisoning usually makes people go off meat for several weeks.	7	
grimace	n	/'grɪməs/	Her smile turned into a grimace when she saw him.	7	
hang over	phr v	/hæŋ 'əʊvə(r)/	Try to solve problems when they happen or they will hang over you.	7	
hard on yourself	id	/hɑ:d ɒn jɔ:'self/	The exhibition didn't go as well as you expected, but don't be too hard on yourself .	7	
harshly	adv	/hɑ:ʃli/	Don't judge him too harshly . It could have happened to you.	7	
incessantly	adv	/'ɪn'sesntli/	She talked incessantly for two hours.	7	
in the back of (somebody's) mind	id	/'ɪn ðə bæk ɒv ... maɪnd/	I've got so many things in the back of my mind that I find it hard to concentrate.	7	
judge	v	/dʒʌdʒ/	If you don't believe me, just look and judge for yourself.	7	
keep your chin up!	id	/'ki:p ʃɔ:(r) tʃɪn ʌp/	Keep your chin up! Only one hour to go!	7	
lay (somebody) off	phr v	/'leɪ ... of/	The management decided to lay off half the force.	7	
lighten up	phr v	/'laɪtn ʌp/	Come on! Lighten up and enjoy the party.	7	
literally	adv	/'lɪtərəli/	Some cultural concepts cannot be translated literally into other languages.	7	
muscle	n	/'mʌsl/	I think I damaged a muscle during the match.	7	
nagging	adj	/'næɡɪŋ/	She felt a nagging pain in her back.	7	
negotiation	n	/'ni:ɡəʊʃi'eɪʃn/	The fire service strike was called off after industrial negotiations .	7	
nothing ventured, nothing gained	id	/'nʌθɪŋ 'ventʃəd 'nʌθɪŋ ɡeɪnd/	At least you tried. Nothing ventured, nothing gained , as they say.	7	
not the end of the world	id	/'nɒt ðə end ɒv ðə wɜ:l'd/	So they didn't hire you. It's not the end of the world .	7	
on the whole	id	/'ɒn ðə həʊl/	On the whole , I agree with you.	7	
outcome	n	/'aʊtkʌm/	We are waiting to hear the outcome of the negotiations.	7	
partition (something) off	phr v	/'pɑ:tɪʃn ... of/	The builders will partition the women's changing room off from the men's.	7	
plaster	n	/'plɑ:stə(r)/	She broke her leg and it's been in plaster for a month.	7	
precious	adj	/'preʃəs/	Consider every moment of your life as something precious .	7	
previous	adj	/'pri:vɪəs/	My previous manager loved schedules, so I learnt to do them very well.	7	
put off	phr v	/'pʊt of/	The meeting was put off three times.	7	
savagely	adv	/'sævɪdʒli/	I'm glad they are no longer together. She was savagely critical of him.	7	
scare (something/somebody) off	phr v	/'skeə(r) ... of/	Stop asking him questions! You're going to scare him off .	7	
seal off	phr v	/'si:l of/	The authorities decided to seal off the whole area.	7	
see (somebody) off	phr v	/'si: ... of/	All my friends came to the airport to see me off .	7	
semi-detached	adj	/'semi dɪ'tætʃt/	She lived in a semi-detached house all her life.	7	
show off	phr v	/'ʃəʊ of/	That dress will really show off your figure!	7	
signal	v	/'sɪɡnəl/	Workers used to signal their discontent by refusing to work.	7	
sing (somebody's) praises	id	/'sɪŋ ... preɪzɪz/	They wouldn't sing his praises if they knew it only took him five minutes.	7	
smirk	n	/'smɜ:k/	His smile turned into a smirk when we told him the news.	7	
sneak up (on)	phr v	/'sni:k ʌp .../	I hate it when people sneak up on me!	7	
sombre	adj	/'sɒmbə(r)/	You look so serious in sombre colours.	7	
startle	v	/'stɑ:tl/	Be careful, otherwise you'll startle him.	7	
strike	v	/'straɪk/	A solemn person may strike us as being very serious.	7	
submission	n	/'səb'mɪʃn/	His response was of defiance, not submission .	7	
subtly	adv	/'sʌtli/	He complained subtly about his shifts.	7	
those were the days!	id	/'ðəʊz wɜ:(r) ðə deɪz/	We used to go out with our friends every weekend. Those were the days!	7	

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turn out	phr v	/ˈtɜːn aʊt/	Let's hope today will turn out to be a fine day.	7	
verging	adv	/ˈvɜːdʒɪŋ/	His hair is dark brown verging on black.	7	
wear off	phr v	/weə(r) ɒf/	Don't worry about the effects of the medicine. They wear off .	7	
air traffic controller	n	/ˌeə ˈtræfɪk kənˈtrəʊlə(r)/	An air traffic controller must be able to manage stress successfully.	8	
allergy	n	/ˈælədʒi/	Hay fever is caused by an allergy to pollen.	8	
applaud	v	/əˈplɔːd/	Experts applaud the new measures.	8	
at play	id	/æt ˈpleɪ/	It is hard to solve the problem as there are so many forces at play .	8	
bar	v	/bɑː(r)/	Unfair regulations used to bar women from many professions.	8	
berry	n	/ˈberi/	Birds feed on nuts and berries .	8	
bet	v	/bet/	I bet he was late for the appointment.	8	
be taken aback	id	/bi ˈteɪkən əˈbæk/	She was completely taken aback by his anger.	8	
boardroom	n	/ˈbɔːdruːm/	The meeting will take place in the boardroom .	8	
bombshell	n	/ˈbɒmʃel/	Losing my job was a bombshell .	8	
bond	n	/bɒnd/	Spending quality time with your kids will help you create a strong bond with them.	8	
breadwinner	n	/ˈbredwɪnə(r)/	After years being the breadwinner , it was hard to become a housewife.	8	
build up	phr v	/ˈbɪld ʌp/	She had to build up her business from scratch.	8	
buoy	n	/bɔɪ/	They tied their boat to the buoy in the harbour.	8	
by the same token	id	/baɪ ðə seɪm ˈtəʊkən/	The risk is high, but by the same token there's a lot to gain.	8	
cabin	n	/ˈkæbɪn/	The captain was in his cabin when the ship sank.	8	
career path	n	/kəˈrɪə(r) paːθ/	She followed her sister's career path and became a pilot.	8	
carve	v	/kɑːv/	They carve statues like this out of stone.	8	
chicken pox	n	/ˈtʃɪkɪn pɒks/	It is better to go through chicken pox when you are a child.	8	
coarse	adj	/kɔːs/	I can't stand his coarse manners. He's just rude.	8	
coincide	v	/ˌkɔɪnɪˈsaɪd/	My partner's musical taste doesn't coincide with mine.	8	
come across	phr v	/kʌm əˈkrɒs/	I've come across so many school friends since I returned to York.	8	
convulsive laughter	n, coll	/kənˈvʌlsɪv ˈlɑːftə(r)/	She tried to suppress convulsive laughter , which made things even worse.	8	
crucial	adj	/ˈkruːʃl/	Your help was crucial to the project.	8	
current	adj	/ˈkʌrənt/	Are you happy in your current situation?	8	
decade	n	/ˈdekeɪd/	After a decade of commitment and hard work, she was finally promoted.	8	
diminish	v	/dɪˈmɪnɪʃ/	His fears will diminish when he sees a familiar face.	8	
dock	v	/dɒk/	The ferry is expected to dock at six.	8	
draft	n	/draːft/	We drew up a draft only for the interview.	8	
draught	adj	/draːft/	I like trying local draught beer when I travel.	8	
emerge	v	/ɪˈmɜːdʒ/	Everything seemed to go smoothly until problems started to emerge .	8	
empathetic	adj	/ˈempəˈθetɪk/	Do you really believe women are more empathetic than men?	8	
exquisitely	adv	/ɪkˈskwɪzɪtli/	The house was exquisitely decorated.	8	
fill in	phr v	/fɪl ɪn/	Please fill in this application form and we'll call you.	8	
fort	n	/fɔːt/	We visited the remains of a Roman fort .	8	
give way to	id	/ɡɪv weɪ tə/	How rude! You should give way to other people.	8	
grand	adj	/grænd/	Their house is a bit too grand for my taste.	8	
hands-on	adj	/ˈhændz ˈɒn/	I enjoy hands-on jobs like building.	8	
haul	n	/hɔːl/	The thieves got away with a haul of antiquities.	8	
heir	n	/eə(r)/	My dad was heir to a large fortune.	8	
hilarity	n	/hɪˈlærəti/	His appearance caused hilarity . Where did he get those clothes?	8	
hoarse	adj	/hɔːs/	My voice was hoarse after the conference.	8	

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hulking	adj	/ˈhʌlkɪŋ/	With your hulking body, you could be a great rugby player.	8	
humiliation	n	/hjuːˈmɪliˈeɪʃn/	The result was a humiliation for our team.	8	
hysterical	adj	/hɪˈsterɪkl/	The kids are hysterical ! They are so much fun to be with.	8	
job centre	n	/ˈdʒɒb sentə(r)/	How did it go at the job centre ? Any job offers?	8	
league	n	/liːg/	He plays squash in an amateur league .	8	
learning curve	n	/ˈlɜːnɪŋ kɜːv/	Expect a learning curve in your new position.	8	
lost in admiration	id	/lɒst ɪn ˌædməˈreɪʃn/	After the operation, she was lost in admiration for the surgeon.	8	
marble	n	/ˈmɑːbl/	Michelangelo's David was carved out of a block of marble .	8	
march	v	/mɑːtʃ/	She would march everywhere with purpose.	8	
matter	n	/ˈmætə(r)/	I won't discuss this with you. It's a private matter .	8	
minutes	n, pl	/ˈmɪnɪts/	I hate taking minutes in meetings.	8	
multitasking	n	/ˌmʌltɪˈtɑːskɪŋ/	Are you good at multitasking ? Most companies ask for that ability these days.	8	
nurture	v	/ˈnɜːtʃə/	Throughout the year we nurture the plants in our yard.	8	
old-fashioned	adj	/əʊld ˈfæʃənd/	Am I very old-fashioned if I offer you my seat?	8	
pace	n	/peɪs/	We set off at a steady pace .	8	
peer pressure	n	/pɪə(r) ˈpreʃə(r)/	Many kids start smoking as a result of peer pressure .	8	
pick up	phr v	/ˈpɪk ʌp/	The kid ran to pick up the ball.	8	
poky	adj	/ˈpəʊki/	We sat in a poky little room and had our tea.	8	
prejudice	n	/ˈpreɪdʒudɪs/	You only think she's terrible because of your prejudice .	8	
pull your weight	id	/pʊl jɔː(r) weɪt/	When my father died, I had to pull my weight and become the breadwinner.	8	
put yourself in (somebody's) shoes	id	/pʊt jɔːˈself ɪn ... ʃuːz/	Put yourself in her shoes . Wouldn't you do the same?	8	
rash	adj	/ræʃ/	Don't be a rash young man. Think before you speak.	8	
reluctant	adj	/rɪˈlʌktənt/	I was reluctant to go at first, but then I enjoyed the show.	8	
scan	n	/skæn/	My mum is getting a brain scan done tomorrow.	8	
scathing	adj	/ˈskeɪð (əˈbaʊt) .../	The manager was scathing about our performance at the meeting.	8	
scorpion	n	/ˈskɔːpiən/	I saw a scorpion in the desert while I was on holiday.	8	
scrap	v	/skræp/	I think we should scrap that idea. It's useless.	8	
shortcut	n	/ˈʃɔːtkʌt/	It's a long and difficult task. I wouldn't recommend taking a shortcut .	8	
sign on	phr v	/ˌsaɪn ˈɒn/	Go to the job centre to sign on or you won't receive payment.	8	
squirrel	n	/ˈskwɪrəl/	I found a squirrel in my garden.	8	
statistics	n, pl	/stəˈtɪstɪks/	Be careful with statistics . Sometimes they can be misleading.	8	
stony silence	n, coll	/ˈstəʊni ˈsaɪləns/	There was stony silence when our dad entered the room.	8	
survey	v	/səˈveɪ/	I'm going to survey the crowd to see what they think.	8	
suspiciously	adv	/səˈspɪʃəsli/	She looked at me suspiciously , then she drove away.	8	
take (something) into account	id	/teɪk ... ˈɪntə əˈkaʊnt/	Take everything into account before you make a decision.	8	
the opposite sex	id	/ðə ˈɒpəzɪt seks/	He found it hard to talk to members of the opposite sex .	8	
toddler	n	/ˈtɒdlə(r)/	My son is a toddler . He's just started walking!	8	
turbulent	adj	/ˈtɜːbjələnt/	We encountered turbulent weather on our flight to Paris.	8	
unfazed	adj	/ʌnˈfeɪzd/	I think she knew about the pay rise. She was unfazed when I told her.	8	
vale	n	/veɪl/	She lived near a wooded vale .	8	
veil	n	/veɪl/	She has never lifted her veil in public.	8	
via	prep	/ˈviə/	We flew home via Frankfurt.	8	
voyeuristic	adj	/ˌvɔɪəˈrɪstɪk/	He's got a voyeuristic interest in other people's lives.	8	
wail	v	/weɪl/	She wailed in despair.	8	
whirl	v	/wɜːl/	Leaves whirl in the wind in the autumn.	8	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
wind	n	/waɪnd/	The wind was fiercely blowing.	8	
wrist	n	/rɪst/	I fell off the deck and twisted my wrist .	8	
yearn (for)	v	/jɜ:n (fɔ:(r))/	He used to yearn for the peace and quiet of the countryside.	8	
barley	n	/'bɑ:li/	Barley is often used for brewing beer.	9	
beam	v	/'bi:m/	They beam their sports broadcast around the world.	9	
broad daylight	n, coll	/'brɔ:d 'deɪlaɪt/	The murder happened in broad daylight !	9	
bush	n	/'bʊʃ/	There was a wild rose bush in the garden.	9	
caged	adj	/keɪdʒd/	She behaved like a caged animal.	9	
cast	v	/'kɑ:st/	They cast their eyes towards the field.	9	
chase	v	/'tʃeɪs/	My favourite scene in the movie is when the agents chase the main character across rooftops.	9	
compulsive	adj	/kəm'pʌlsɪv/	His eating habits were certainly compulsive .	9	
content	adj	/'kɒntent/	I didn't think he would accept my offer, but he seemed content .	9	
corn	n	/'kɔ:n/	The hotel overlooked a field of corn .	9	
deed	n	/'di:d/	Don't put yourself down. It was a good deed .	9	
desperate	adj	/'despəreɪt/	Our financial situation was so bad that we had to take desperate measures.	9	
destiny	n	/'destəni/	Do you think it was your destiny to become a musician?	9	
devour	v	/'di:vəʊə(r)/	They feared the shark would devour them.	9	
dough	n	/'dəʊ/	Have you got a recipe I could use for bread dough ?	9	
enigma	n	/'ɪnɪgmə/	Who built the pyramids remains an enigma .	9	
epic	n	/'epɪk/	The movie we saw on Saturday was a historical epic .	9	
equilibrium	n	/'ekwɪ'lɪbrɪəm/	It was hard to find an equilibrium between a demanding job and his free time.	9	
fair and square	id	/'feə(r) ænd skweə(r)/	He won the prize fair and square .	9	
flinch	v	/'flɪntʃ/	The detective didn't even flinch when he looked at the gruesome sight.	9	
fold	v	/'fəʊld/	Before you leave, remember to fold your clothes and put them in the drawer.	9	
go haywire	id	/'gəʊ 'heɪwaɪə(r)/	When he left the company, everything started to go haywire .	9	
goose	n	/'gu:s/	We had roast goose for dinner.	9	
gross	adj	/'grɔ:s/	He earned a gross annual income of \$29,000.	9	
guard	n	/'gɑ:d/	Did you get training to become a security guard ?	9	
howl	v	/'haʊl/	I could hear the wolves howling in the night.	9	
impetuosity	n	/'ɪm,petʃu'ɒsəti/	Don't act with so much impetuosity . Take it easy.	9	
indie	adj	/'ɪndi/	A number of indie publishers have emerged lately.	9	
intense	adj	/'ɪntens/	The feeling of failure after the defeat was intense .	9	
kinship	n	/'kɪnʃɪp/	I'm always amazed by people who feel kinship with animals like gorillas or wolves.	9	
loch	n	/'lɒk/	Loch is the Scottish word for lake.	9	
long (for)	v	/'lɒŋ fɔ:(r)/	During the rainy season everyone would long for a warm sunny day.	9	
loose	adj	/'lu:s/	There's a loose button on your shirt.	9	
make sense of	id	/'meɪk sens əv/	I can't make sense of that painting.	9	
meet and greet	id	/'mi:t ænd gri:t/	There was a meet and greet session after the event.	9	
mood	n	/'mu:d/	The mood of the music enhances the drama in the movie.	9	
name and shame	id	/'neɪm ænd ʃeɪm/	They carried out a policy of name and shame .	9	
nearest and dearest	id	/'niəst ænd 'diəst/	It's normal to miss your nearest and dearest when you live abroad.	9	
obsessive-compulsive disorder	n	/'ɒb'sesɪv kəm'pʌlsɪv dɪs'ɔ:də(r)/	She was diagnosed with obsessive-compulsive disorder .	9	
outing	n	/'aʊtɪŋ/	In our first outing as a romantic couple, we went to see a musical.	9	
palm	n	/'pɑ:m/	Can you really read the lines in the palm of my hand?	9	
primeval	adj	/'praɪ'mi:vəl/	She had a primeval urge to escape.	9	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
quirky	adj	/ˈkwɜːki/	He has a quirky mind and he's fun to work with.	9	
radiate	v	/ˈreɪdiət/	He's very edgy now but he used to radiate calm and confidence.	9	
retreat	v	/rɪˈtri:t/	She tends to retreat into herself once in a while.	9	
risky	adj	/ˈrɪski/	It was very risky going out on our own in such violent weather.	9	
road trip	n	/rəʊd ˈtrɪp/	Have you ever done a road trip with your friends?	9	
roar	v	/rɔː(r)/	The wind roared outside the window.	9	
run amok	id	/rʌn əˈmɒk/	Drunken teenagers run amok at the pub every week.	9	
run riot	id	/rʌn ˈraɪət/	The police let the protesters run riot .	9	
run wild	id	/rʌn waɪld/	Would you let your own children run wild ?	9	
scrawl	v	/skrɔːl/	I watched the doctor scrawl his signature on the prescription.	9	
self-conscious	adj	/ˌself ˈkɒnʃəs/	Don't be so self-conscious about your height. You're not that short!	9	
self-harm	v	/ˌself ˈhɑːm/	She had to be watched or she would self-harm .	9	
shiver	n	/ˈʃɪvə(r)/	The sight of him sent a shiver of fear down her spine.	9	
shop till you drop	id	/ʃɒp tɪl ju drɒp/	We are going to the shopping centre to shop till we drop .	9	
silhouette	n	/ˌsɪluːet/	All I could make out was the silhouette of a bulky man.	9	
skid	v	/skɪd/	Luckily, the car didn't skid and we avoided an accident.	9	
sour	adj	/ˈsaʊə(r)/	I prefer sour flavours to sweet ones.	9	
spark	n	/spɑːk/	It was a spark that caused the fire.	9	
stalls	n, pl	/stɔːlz/	Our seats were at the front row of the stalls .	9	
submarine	n	/ˌsʌbməˈriːn/	They have a replica of a nuclear submarine at the navy museum.	9	
tactile	adj	/ˈtæktaɪl/	She found a tactile pleasure in playing music.	9	
tolerable	adj	/ˈtɒlərəbl/	I don't really enjoy theatre, but I find it tolerable .	9	
tomboy	n	/ˈtɒmbɔɪ/	I used to be a tomboy when I was young.	9	
tone-deaf	adj	/ˌtəʊn ˈdeɪf/	It's impossible for me to play an instrument. I'm totally tone-deaf .	9	
trance	n	/trɑːns/	The hypnotist put the lady in a trance .	9	
trap	v	/træp/	They tried to trap the enemy soldiers in a collapsed building.	9	
upcoming	adj	/ˌʌpkʌmɪŋ/	Have you heard any tunes from their upcoming album?	9	
use it or lose it	id	/juːz ɪt ɔː(r) luːz ɪt/	I don't like the company policy of use it or lose it holidays.	9	
valley	n	/ˈvæli/	He was tired of living in a small town in a valley and moved to the city.	9	
vocation	n	/vəʊˈkeɪʃn/	Deciding to be a doctor was easy for me. It was a vocation .	9	
vow	n	/vaʊ/	The detective took a vow to help the police find the murderer.	9	
ward	n	/wɔːd/	She was taken to the maternity ward .	9	
wheat	n	/wi:t/	World trade in wheat is greater than for all other crops combined.	9	
absurd	adj	/əbˈsɜːd/	Don't be absurd . Of course I didn't use your toothbrush.	10	
allege	v	/əˈledʒ/	The suspects allege they were away on business at the time of the murder.	10	
alleviate	v	/əˈliːviət/	Massages certainly alleviate the pain in my back.	10	
altitude	n	/ˈæltɪtjuːd/	It is normal to feel sick at high altitude .	10	
ankle	n	/ˈæŋkl/	He sprained his ankle playing tennis.	10	
antibiotic	n	/ˌæntɪˈbɪɒtɪk/	Fleming discovered penicillin, the world's first antibiotic .	10	
armpit	n	/ˈɑːmpɪt/	I've got a pain in my armpit .	10	
artery	n	/ˈɑːtəri/	The aorta is the main artery from the heart.	10	
assume	v	/əˈsjʊːm/	You can't just assume this isn't going to work. You have to try it.	10	
attempt	v	/əˈtempt/	I wouldn't attempt to fix that on my own. It looks complicated.	10	
beg	v	/beg/	Our daughters always beg us to let them go on holidays on their own.	10	
blink	v	/blɪŋk/	Do you know how often we blink a minute?	10	

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blonde	<i>n</i>	/blɒnd/	Is she a natural blonde ?	10	
bone	<i>n</i>	/bəʊn/	He fractured a bone in the accident.	10	
brunette	<i>n</i>	/brʊ:'net/	I'm not a natural brunette .	10	
bulletin	<i>n</i>	/'bulɛtɪn/	Have you heard the news bulletin ? There's been a fire in the factory.	10	
burst	<i>n</i>	/bɜ:st/	Drinking coffee may give you a burst of energy, but it doesn't last.	10	
calf	<i>n</i>	/kɑ:f/	My calf felt sore after the running session.	10	
capsule	<i>n</i>	/'kæpsju:l/	The medicine is administered in a capsule .	10	
cheek	<i>n</i>	/tʃi:k/	I kissed her on the cheek and waved goodbye.	10	
chest	<i>n</i>	/tʃɛst/	A chest infection can be serious. Why don't you go to a doctor?	10	
chin	<i>n</i>	/tʃɪn/	Fasten the strap under your chin .	10	
clinic	<i>n</i>	/'klɪnɪk/	He works for a private clinic in central London.	10	
consequence	<i>n</i>	/'kɒnsɪkwəns/	The epidemic was a direct consequence of the natural disaster.	10	
consultation	<i>n</i>	/'kɒnsəl'teɪʃn/	We paid a high price just for a consultation .	10	
correspondent	<i>n</i>	/'kɒrə'spɒndənt/	A war correspondent often puts his life at risk.	10	
cramps	<i>n, pl</i>	/'kræmpz/	Have you ever had stomach cramps ? They're really painful.	10	
cure	<i>n</i>	/'kjʊə(r)/	I'd love to hear in the news that a definite cure for cancer has been found.	10	
cylinder	<i>n</i>	/'sɪlɪndə(r)/	He's got breathing problems so he carries an oxygen cylinder wherever he goes.	10	
deception	<i>n</i>	/'di:sepʃn/	It wasn't deception . They all knew they were being offered a placebo.	10	
diameter	<i>n</i>	/'daɪ.æmɪtə(r)/	What's the diameter of this steel bar?	10	
drug trial	<i>n</i>	/'drʌg 'traɪəl/	They were volunteers in a drug trial .	10	
drunk	<i>adj</i>	/'drʌŋk/	He was drunk when he left the party.	10	
earlobe	<i>n</i>	/'iə(r) ləʊb/	He lost his left earlobe in a fight.	10	
elbow	<i>n</i>	/'elbəʊ/	He rested the injured elbow on the table.	10	
ethics	<i>n, pl</i>	/'eθɪks/	Medical ethics prevent doctors from taking payments from drug companies.	10	
eyebrow	<i>n</i>	/'aɪbrəʊ/	She burnt her eyebrow and her eye looked funny.	10	
fist	<i>n</i>	/'fɪst/	He punched his friend with his fist .	10	
fitfully	<i>adv</i>	/'fɪtəfəli/	He slept fitfully at night and was exhausted during the day.	10	
forbid	<i>v</i>	/'fə'bɪd/	Medical ethics forbid deception.	10	
forehead	<i>n</i>	/'fɔ:hed/	She covered her forehead with a fringe.	10	
fork	<i>n</i>	/'fɔ:k/	I need a knife and fork to eat this meat.	10	
fraud	<i>n</i>	/'frɔ:d/	Phil is under investigation for fraud .	10	
growl	<i>v</i>	/'graʊl/	I can hear the dogs growl .	10	
harness	<i>v</i>	/'hɑ:nɪs/	We must harness the power of self-suggestion.	10	
havoc	<i>n</i>	/'hævək/	The floods caused havoc throughout the area.	10	
heel	<i>n</i>	/'hi:l/	My heel is aching after walking in those shoes.	10	
hide and seek	<i>id</i>	/'haɪd n 'si:k/	We used to play hide and seek in the yard.	10	
hiding	<i>n</i>	/'haɪdɪŋ/	He had to go into hiding for a few months after the article was published.	10	
hip	<i>n</i>	/'hɪp/	My grandfather broke his hip last month.	10	
humble	<i>adj</i>	/'hʌmbəl/	He rose from very humble beginnings to be a man of great wealth.	10	
hurricane	<i>n</i>	/'hʌrɪkən/	They built a hurricane shelter before the season started.	10	
infection	<i>n</i>	/'ɪnfekʃn/	Some antibiotics are losing their power to fight infection .	10	
inject	<i>v</i>	/'ɪndʒekt/	They inject the anaesthetic first and then take you to the operating theatre.	10	
intestine	<i>n</i>	/'ɪntestɪn/	He had trouble with his large intestine .	10	
intrigued	<i>adj</i>	/'ɪn'trɪ:gd/	Are you intrigued to know the results of the study?	10	
jaw	<i>n</i>	/'dʒɔ:/	He has a strong square jaw .	10	

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joint	<i>n</i>	/dʒɔɪnt/	She often complained about her left knee joint .	10	
kidney	<i>n</i>	/'kɪdni/	She had one kidney removed.	10	
knuckle	<i>n</i>	/'nʌkl/	She broke her knuckles when she punched the door.	10	
lip	<i>n</i>	/'lɪp/	His lower lip was trembling.	10	
liver	<i>n</i>	/'lɪvə(r)/	Stop drinking! You can't survive without a liver !	10	
local anaesthetic	<i>n</i>	/'ləʊkl ænəs'tetɪk/	They use local anaesthetic for the operation.	10	
lungs	<i>n, pl</i>	/'lʌŋz/	Smoking is bad for your lungs .	10	
make a mess	<i>id</i>	/meɪk ə mes/	I made a mess of my last exam.	10	
malfunction	<i>v</i>	/'mælfʌŋkʃn/	Smartphones tend to malfunction when you really need them.	10	
manifest	<i>v</i>	/'mænɪfest/	I cannot understand why they have to manifest their feelings in this way.	10	
medal	<i>n</i>	/'medl/	I won a medal at a local competition.	10	
morphine	<i>n</i>	/'mɔːfiːn/	Cancer patients are often prescribed morphine .	10	
nail	<i>n</i>	/'neɪl/	The fastest growing nail is the one on your middle finger.	10	
nausea	<i>n</i>	/'nɔːziə/	She often had nausea in the mornings.	10	
neck	<i>n</i>	/'nek/	I've got a pain in my neck .	10	
news anchor	<i>n US</i>	/'njuːz 'æŋkə(r)/	He works as a news anchor for a private TV station.	10	
nod off	<i>phr v</i>	/'nɒd ɒf/	The meetings were so long that I would nod off every time.	10	
northwards	<i>adv</i>	/'nɔːθwədz/	The storm is heading northwards .	10	
on the brink of	<i>id</i>	/'ɒn ðə brɪŋk ɒv/	The Prime Minister is on the brink of calling a new election.	10	
op	<i>n, coll</i>	/'ɒp/	I'm having an op tomorrow morning.	10	
opposition	<i>n</i>	/'ɒpə'zɪʃn/	The leader of the opposition is giving a speech on national TV.	10	
painkiller	<i>n</i>	/'peɪnkɪlə(r)/	I took a painkiller for my headache.	10	
pain relief	<i>n</i>	/'peɪn rɪ'liːf/	After taking the antibiotic, you will experience pain relief .	10	
paraglider	<i>n</i>	/'pærəglɑɪdə(r)/	Look up! There's a paraglider ready to make the jump.	10	
Parkinson's Disease	<i>n</i>	/'pɑː(r)kɪnsənz dɪ'ziːz/	He's a professional researcher working on Parkinson's Disease .	10	
placebo	<i>n</i>	/'pleɪsɪ'bəʊ/	The placebo works better if the patient doesn't know the truth about it.	10	
play a role	<i>id</i>	/'pleɪ ə rəʊl/	Apparently, colour can also play a role in placebo pills.	10	
policy	<i>n</i>	/'pɒləsi/	The company has changed its policy on sick days.	10	
preach	<i>v</i>	/'priːtʃ/	He's a nice guy, but he will preach at you for no reason.	10	
prescribe	<i>v</i>	/'prɪ'skraɪb/	The doctor didn't prescribe her any painkillers.	10	
profound	<i>adj</i>	/'prəʊfaʊnd/	This book has a profound message. You should read it.	10	
psychosomatic	<i>adj</i>	/'saɪkəʊsə'mætɪk/	Are psychosomatic illnesses all in the head?	10	
redhead	<i>n</i>	/'redhed/	She was a beautiful redhead , and very smart too.	10	
restrict	<i>v</i>	/'rɪ'strɪkt/	The regulations restrict the number of attendants to thirty.	10	
rib	<i>n</i>	/'rɪb/	She walked out of the accident with a broken rib .	10	
running order	<i>n</i>	/'rʌnɪŋ 'ɔːdə(r)/	Have you thought of the news running order ? What do I start with?	10	
sedative	<i>n</i>	/'sedətɪv/	The doctor prescribed a sedative to help him relax.	10	
shin	<i>n</i>	/'ʃɪn/	He kicked me in the shin !	10	
shoulder	<i>n</i>	/'ʃəʊldə(r)/	She tapped me on the shoulder gently.	10	
snag	<i>n</i>	/'snæg/	Sorry for the delay, we ran into a major snag .	10	
spacious	<i>adj</i>	/'speɪʃəs/	My room is quite spacious .	10	
spread	<i>v</i>	/'spred/	The disease spread very quickly.	10	
stimulant	<i>n</i>	/'stɪmjələnt/	Coffee is a popular stimulant .	10	
sue	<i>v</i>	/'suː/	No one has ever wanted to sue me and I've been a doctor for twenty years.	10	
supplement	<i>n</i>	/'sʌplɪmənt/	Did you take a vitamin supplement ?	10	

Wordlist

Here is a list of useful or new words from Headway 5e Advanced Student's Book.

adj = adjective adv = adverb coll = colloquial conj = conjunction excl = exclamation id = idiom n = noun phr v = phrasal verb phr = phrase

pl = plural prep = preposition v = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
suspicious	adj	/sə'spiʃəs/	What made you become suspicious of him?	10	
swallow	v	/ˈswɒləʊ/	Don't swallow your chewing gum!	10	
tablet	n	/ˈtæblət/	Take this tablet . It will make you feel better.	10	
tap into	phr v	/tæp 'ɪntə/	The movie is trying to tap into the teenagers' psyche.	10	
taste buds	n, pl	/ˈteɪst bʌdz/	We lose taste buds as we grow old.	10	
temple	n	/ˈtempl/	My left temple hurts.	10	
thigh	n	/θaɪ/	My left thigh is sore after the training.	10	
thumb	n	/θʌm/	My baby sucks her thumb .	10	
time trial	n	/taɪm 'traɪəl/	You need to concentrate during a time trial .	10	
toe	n	/təʊ/	I hurt my little toe while running.	10	
treatment	n	/ˈtri:tment/	He's really sick and he needs medical treatment .	10	
unconscious	adj	/ʌn'kɒnʃəs/	She was unconscious when we found her.	10	
velodrome	n	/ˈvelədroum/	They built a new velodrome in the town.	10	
waist	n	/weɪst/	Her hair was down to her waist .	10	
wobble	v	/ˈwɒbl/	I saw him wobble across the street asking for help.	10	
wreak	v	/ri:k/	The storm is going to wreak havoc across the country.	10	
aforementioned	adj	/əˈfoːmenʃənd/	The aforementioned gadget will help you clean more efficiently.	11	
analyst	n	/ˈænəlɪst/	As a market analyst , I can tell you your idea has no future.	11	
antiquated	adj	/ˈæntɪkweɪtɪd/	Don't quote antiquated legal procedures.	11	
appalling	adj	/əˈpɔːlɪŋ/	His manners were appalling , it was embarrassing.	11	
a round of drinks	id	/ə raʊnd ɒv drɪŋks/	Come on, join us! I'll buy the next round of drinks .	11	
aside	adv	/ə'saɪd/	Money worries aside , things are going well.	11	
asphyxia	n	/æs'fɪksɪə/	Don't let babies play with plastic bags. They could die of asphyxia .	11	
bastion	n	/ˈbæstɪən/	The public sector has become the last bastion of comfortable retirement in Britain.	11	
biased	adj	/ˈbaɪəst/	This isn't an objective report, it is actually quite biased .	11	
bigoted	adj	/ˈbɪɡətɪd/	Don't listen to him. He's a bigoted old man.	11	
boast	v	/bəʊst/	He would boast about how many languages he spoke every time I met him.	11	
bull	n	/bʊl/	Look! There's a bull in the field!	11	
catastrophically	adv	/ˌkætə'strɒfɪkli/	His predictions were catastrophically wrong.	11	
cope with	phr v	/kəʊp wɪð/	How do you cope with all that pressure at work and four kids?	11	
count on	phr v	/kaʊnt ɒn/	Are you sure she will help? Don't count on it.	11	
crease	n	/kri:s/	There was a crease on his shirt and it didn't look good.	11	
cycle	n	/ˈsaɪkl/	The washing machine has finished its cycle .	11	
dawn	n	/dɔːn/	I woke up before dawn and prepared some coffee.	11	
dial	n	/ˈdaɪəl/	You can use this dial to turn up the temperature.	11	
differentiate	v	/ˌdɪfə'renʃɪət/	The key to market success is to differentiate your product from the competition.	11	
disposable income	n	/dɪ'spəʊzəbl 'ɪnkəm/	This ridiculous vacuum cleaner is a monument to excessive disposable income .	11	
document	v	/ˈdɒkjument/	Use this camera to document your day in images!	11	
domesticated	adj	/də'mestɪkətɪd/	I don't like domesticated cats.	11	
edit	v	/ˈedɪt/	Why did you edit my work?	11	
excessive	adj	/ɪk'sesɪv/	The neighbours complained about the excessive noise.	11	
fad	n	/fæd/	Some people predicted video games would be a passing fad .	11	
faulty	adj	/ˈfɔːlti/	I returned the dishwasher because it was faulty .	11	
feedback	n	/ˈfiːdbæk/	Feedback from the experiment was very positive.	11	
flawed	adj	/flɔːd/	Your argument is flawed .	11	

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pl = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
flesh	<i>n</i>	/fleʃ/	The trap had cut deeply into the rabbit's flesh .	11	
focus group	<i>n</i>	/'fəʊkəs gru:p/	We are holding a focus group for our new product.	11	
frivolous	<i>adj</i>	/'frɪvələs/	This is a serious matter. Don't ask frivolous questions.	11	
fundamentally	<i>adv</i>	/'fʌndə'mentəli/	He agreed that, fundamentally , it was the same idea.	11	
garment	<i>n</i>	/'gɑ:mənt/	She was wearing a long velvet garment .	11	
handy	<i>adj</i>	/'hændi/	This gadget is full of little handy tools.	11	
humorous	<i>adj</i>	/'hju:mərəs/	He made a humorous remark and everybody laughed.	11	
immaculate	<i>adj</i>	/'ɪmækjələt/	Their house always looks immaculate .	11	
impartial	<i>adj</i>	/'ɪm'pɑ:ʃl/	He was an impartial observer.	11	
impeccable	<i>adj</i>	/'ɪm'pekəbl/	The goods were in impeccable condition.	11	
incurable	<i>adj</i>	/'ɪn'kjʊərəbl/	She's got an incurable disease.	11	
laden (with)	<i>adj</i>	/'leɪdn wɪð/	All the passengers were laden with luggage.	11	
mediocre	<i>adj</i>	/'mi:di'əʊkə(r)/	I must say your work was quite mediocre . Nobody thought it was good.	11	
minority	<i>n</i>	/'maɪ'nɔrəti/	Only a small minority responded to the survey.	11	
miraculous	<i>adj</i>	/'mɪ'rækjələs/	He made a miraculous recovery.	11	
notification	<i>n</i>	/'nəʊtɪfɪ'keɪʃn/	I have received a written notification from the bank.	11	
objective	<i>adj</i>	/'ɒb'dʒektɪv/	Please try to be objective . Which one was better?	11	
outfit	<i>n</i>	/'aʊtfɪt/	Are you wearing a new outfit ?	11	
overwhelming	<i>adj</i>	/'əʊvə'welmɪŋ/	It was overwhelming to receive so many presents.	11	
perplexed	<i>adj</i>	/'pə'pleksɪd/	She looked perplexed at the news.	11	
petty	<i>adj</i>	/'peti/	He's nothing but a petty thief.	11	
plateau	<i>n</i>	/'plætəʊ/	Stock prices have reached a plateau .	11	
plumber	<i>n</i>	/'plʌmə(r)/	We'll have to call the plumber .	11	
posh	<i>adj</i>	/'pɒʃ/	We spent the weekend at a posh hotel.	11	
predecessor	<i>n</i>	/'pri:disesə(r)/	This new iPod has more apps than its predecessor .	11	
pursuit	<i>n</i>	/'pə'sju:t/	He left in pursuit of happiness.	11	
rampant	<i>adj</i>	/'ræmpənt/	Unemployment is now rampant in most of Europe.	11	
revolutionize	<i>v</i>	/'revə'lʊ:ʃənaɪz/	This new invention will revolutionize the health industry.	11	
ridiculous	<i>adj</i>	/'rɪ'dɪkjələs/	He made a ridiculous remark.	11	
run into trouble	<i>id</i>	/'rʌn 'ɪntə 'trʌbl/	You run into trouble if consumers don't understand your product.	11	
second-rate	<i>adj</i>	/'sekənd'reɪt/	He is a second-rate actor.	11	
sheer	<i>adj</i>	/'ʃɪə(r)/	You will be impressed by the sheer range of products.	11	
simplicity	<i>n</i>	/'sɪm'plɪsəti/	It was quite clever in its simplicity .	11	
sketch	<i>n</i>	/'sketʃ/	This is not the final drawing. It's just a sketch .	11	
slot	<i>n</i>	/'slɒt/	You need to put some coins in the slot if you want it to work.	11	
sport	<i>v</i>	/'spɔ:t/	She likes to sport a new T-shirt every day.	11	
stick	<i>v</i>	/'stɪk/	We are launching a new product, but we don't know if it will stick yet.	11	
stock prices	<i>n, pl</i>	/'stɒk praɪsɪz/	Stock prices have reached a plateau.	11	
strategist	<i>n</i>	/'strætədʒɪst/	He's a brilliant strategist .	11	
succumb (to)	<i>v</i>	/'sʌ'kʌm tə/	He always succumbs to the latest fashions.	11	
tame	<i>adj</i>	/'teɪm/	My dog is so tame and docile.	11	
tension	<i>n</i>	/'tenʃn/	I need a back massage to release the tension .	11	
thirst	<i>n</i>	/'θɜ:st/	She had a thirst for knowledge.	11	
trivial	<i>adj</i>	/'trɪviəl/	Consumer rights are not a trivial matter.	11	
unjust	<i>adj</i>	/'ʌn'dʒʌst/	I think we were a bit unjust with her.	11	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
urgent	<i>adj</i>	/ˈɜːdʒənt/	What's so urgent that it can't wait five minutes?	11	
virtue	<i>n</i>	/ˈvɜːtʃuː/	This new product has the virtue of simplicity.	11	
white goods	<i>n, pl</i>	/ˈwaɪt ɡʊdz/	They are delivering the white goods to our new house tomorrow.	11	
all-consuming	<i>adj</i>	/ɔːl kənˈsjuːmɪŋ/	Training for the marathon became all-consuming in the end.	12	
atmosphere	<i>n</i>	/ˈætməsfɪə(r)/	There was such a great atmosphere at the concert.	12	
bite off more than you can chew	<i>id</i>	/baɪt ɒf mɔː(r) ðæn ju kæn tʃuː/	Be careful with this new job, don't bite off more than you can chew .	12	
bland	<i>adj</i>	/blænd/	His biography was quite bland . Nothing interesting to read about.	12	
break into	<i>phr v</i>	/breɪk ˈɪntə/	They tried to break into the house, but the alarm went off and they ran away.	12	
breathless	<i>adj</i>	/ˈbreθləs/	She was breathless after the race.	12	
breeze	<i>n</i>	/briːz/	You're a good student. The exam will be a breeze for you.	12	
build-up	<i>n</i>	/ˈbɪld ʌp/	She was quite stressed out in the build-up to her wedding.	12	
buzz	<i>v</i>	/bʌz/	The audience would buzz with excitement before the show.	12	
capture	<i>v</i>	/ˈkæptʃə/	The video didn't capture the atmosphere of the show.	12	
closure	<i>n</i>	/ˈkləʊzə(r)/	After all the hard work, finishing the race gave him a sense of closure .	12	
cockpit	<i>n</i>	/ˈkɒkpaɪt/	The flight attendant walked into the cockpit to talk to the pilots.	12	
composed	<i>adj</i>	/kəmˈpəʊzd/	The pilots remained composed in the face of danger.	12	
conceivable	<i>adj</i>	/kənˈsiːvəbl/	I looked into every conceivable way of getting home without flying.	12	
contract	<i>v</i>	/kənˈtrækt/	Thousands of people contract pneumonia every month.	12	
crew	<i>n</i>	/kruː/	The cabin crew were very professional and helpful.	12	
daring	<i>adj</i>	/ˈdeərɪŋ/	Apollo 8 was a daring mission.	12	
dawn on	<i>phr v</i>	/dɔːn ɒn/	The truth finally started to dawn on me.	12	
deranged	<i>adj</i>	/dɪˈreɪn(d)ʒd/	The attacker was certainly deranged .	12	
diet	<i>n</i>	/ˈdaɪət/	I like to eat a healthy diet .	12	
dig down	<i>phr v</i>	/dɪɡ daʊn/	Phil was so exhausted he had to dig down to a level he had never done before.	12	
discharge	<i>v</i>	/dɪsˈtʃɑːdʒ/	The hospital staff discharged him too early.	12	
disengage	<i>v</i>	/dɪsɪnˈgeɪdʒ/	The autopilot was disengaged by mistake.	12	
drape	<i>v</i>	/d্রেɪp/	He wanted to drape his arm around her shoulders.	12	
draw a line under	<i>id</i>	/drɔː ə laɪn ˈʌndə(r)/	I just wanted to draw a line under our relationship.	12	
emergency procedure	<i>n</i>	/ɪˈmɜːdʒənsi prəˈsiːdʒə(r)/	The emergency procedure didn't work and it was all chaos until the police arrived.	12	
emotional wreck	<i>n, coll</i>	/ɪˈməʊʃənəl rek/	After the attack, I was an emotional wreck .	12	
enormously	<i>adv</i>	/ɪˈnɔːməsli/	The quality of bread varies enormously depending on where you buy it.	12	
epidemic	<i>n</i>	/ɪˈpɪdemɪk/	Doctors are getting ready for a flu epidemic .	12	
etch	<i>v</i>	/etʃt ɪn/	My wedding day will be etched in my memory forever.	12	
expanse	<i>n</i>	/ɪkˈspæns/	We could see a wide expanse of sea from our hotel room.	12	
explode	<i>v</i>	/ɪkˈspləʊd/	Watch out! The firecracker is about to explode .	12	
exposure	<i>n</i>	/ɪkˈspəʊʒə(r)/	Their new products get a lot of exposure in the media.	12	
fasten	<i>v</i>	/ˈfɑːsn/	Please fasten your seatbelts.	12	
fire the imagination	<i>id</i>	/ˈfaɪə(r) ðə ɪˈmædʒɪˈneɪʃn/	The amazing images of Earth are enough to fire the imagination .	12	
food for thought	<i>id</i>	/fuːd fɔː(r) θɔːt/	Thanks for your suggestions. That's given me some food for thought .	12	
forbidding	<i>adj</i>	/fəˈbɪdɪŋ/	The house looked dark and forbidding .	12	
fragile	<i>adj</i>	/ˈfrædʒaɪl/	We live on a fragile planet and we must take care of it.	12	
freefall	<i>n</i>	/ˈfriːfɔːl/	The scariest moment was when the plane went into freefall .	12	
fuel	<i>v</i>	/ˈfjuːəl/	His films fuel the imaginations of people all around the world.	12	
fussy	<i>adj</i>	/ˈfʌsi/	I'm not very fussy about hotels.	12	
grilling	<i>n</i>	/ˈɡrɪlɪŋ/	The minister faced a tough grilling at today's press conference.	12	

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grinding	<i>adj</i>	/ˈgraɪndɪŋ/	They heard a grinding sound.	12	
grumble	<i>v</i>	/ˈɡrʌmbl/	They always grumble about their jobs.	12	
half-baked	<i>adj</i>	/ˌhɑːf ˈbeɪkt/	Your ideas are half-baked .	12	
hindsight	<i>n</i>	/ˈhaɪnsaɪt/	With hindsight , I would have done things differently.	12	
in a flash	<i>id</i>	/ɪn ə flæʃ/	It all happened in a flash .	12	
influential	<i>adj</i>	/ɪnfluˈenʃl/	Her work has been fairly influential in the artistic world.	12	
in retrospect	<i>id</i>	/ɪn ˈretrəspekt/	I only realized it was an important moment in my life in retrospect .	12	
insert	<i>v</i>	/ɪnˈsɜːt/	They had to insert a tube into his mouth to help him breathe.	12	
latter	<i>adj</i>	/ˈlætə(r)/	The latter point is the most important.	12	
legacy	<i>n</i>	/ˈlegəsi/	Our children will be left with a legacy of pollution.	12	
lunar	<i>adj</i>	/ˈluːnə(r)/	Did you watch the lunar eclipse last night?	12	
manned	<i>adj</i>	/mænd/	It was their last manned space flight.	12	
mask	<i>n</i>	/mɑːsk/	They were all wearing surgical masks .	12	
obsess (with somebody/something)	<i>v</i>	/əbˈses wɪð .../	I tended to obsess with my running times when I was training for the marathon.	12	
on-board	<i>adj</i>	/ɒn bɔːd/	They are using an on-board computer to control the spacecraft.	12	
orbit	<i>n</i>	/ˈɔːbrɪt/	A new satellite was put into orbit around the Earth.	12	
ordeal	<i>n</i>	/ɔːˈdiːl/	She went through a terrible ordeal .	12	
overdo	<i>v</i>	/ˌəʊvəˈduː/	It is very healthy to do sport, just don't overdo it.	12	
overshadow	<i>v</i>	/ˌəʊvəˈʃædəʊ/	Her success was going to overshadow her sister's.	12	
penniless	<i>adj</i>	/ˈpenɪləs/	I am now jobless and penniless .	12	
perspective	<i>n</i>	/pəˈspektɪv/	Why don't you try to look at your problem from a new perspective ?	12	
priorities	<i>n, pl</i>	/praɪˈɒrɪtɪz/	What are your priorities in life?	12	
privacy	<i>n</i>	/ˈprɪvəsi/	She was longing for some privacy .	12	
proceed	<i>v</i>	/prəˈsiːd/	They are going to proceed with the investigation.	12	
pull through	<i>phr v</i>	/pʊl θruː/	It was hard at first, but she managed to pull through .	12	
punctual	<i>adj</i>	/ˈpʌŋktʃuəl/	Please try to be more punctual next time.	12	
rapid	<i>adj</i>	/ˈræpɪd/	There was a rapid change in the economy.	12	
reel	<i>v</i>	/riːl/	I saw him reel towards the bar. I think he was drunk.	12	
refund	<i>v</i>	/rɪˈfʌnd/	The airline refused to refund my air fare.	12	
relief	<i>n</i>	/rɪˈliːf/	It was a relief when the plane finally landed.	12	
restrain	<i>v</i>	/rɪˈstreɪn/	The pilots had to restrain the attacker.	12	
run-up	<i>n</i>	/ˈrʌn ʌp/	The run-up to the race was all-consuming.	12	
scale	<i>n</i>	/skeɪl/	The Beatles were one of the first bands who enjoyed success on a global scale .	12	
sexist	<i>adj</i>	/ˈseksɪst/	Sexist jokes are considered bad taste nowadays.	12	
shady	<i>adj</i>	/ˈʃeɪdi/	That man by the bar looks like a shady character.	12	
shudder	<i>v</i>	/ˈʃʌdə(r)/	I always shudder with anxiety before the next match.	12	
sit bolt upright	<i>id</i>	/sɪt bəʊlt ˈʌpraɪt/	The scary sound made me sit bolt upright .	12	
sour note	<i>n, coll</i>	/ˈsaʊə(r) nəʊt/	John's athletics career ended on a sour note when he had that injury.	12	
spark	<i>v</i>	/spɑːk/	He tried really hard, but his speech didn't spark much interest.	12	
sponsor	<i>v</i>	/ˈsponsə(r)/	The company refused to sponsor me for the race.	12	
stagger	<i>v</i>	/ˈstæɡə(r)/	He was so exhausted he had to stagger back home and get into bed.	12	
stall	<i>v</i>	/stoːl/	An inexperienced driver might easily stall the truck.	12	
starve	<i>v</i>	/stɑːv/	He had no money and could starve to death.	12	
steward	<i>n</i>	/ˈstjuːəd/	I'll ask the steward if we can unfasten our seatbelts now.	12	
sticky	<i>adj</i>	/ˈstɪki/	The cake was a bit sticky for my taste.	12	

